



# IS YOUR CHILD ERUPTING?

HERE ARE SOME DE-ESCALATION STRATEGIES



VALIDATE THEIR FEELINGS

BE NON-JUDGEMENTAL

GET ON CHILD'S PHYSICAL LEVEL

USE A DISTRACTION

AVOID POWER STRUGGLES AND SAYING NO

DON'T YELL, TRY SILENCE INSTEAD

DECREASE STIMULATION

DEEP BREATHING AND CALMING VISUALS

RESPECT PERSONAL SPACE

REASON ONLY WHEN THINGS ARE CALMER

VALIDATE FEELINGS AND NOT ACTIONS

BE AWARE OF YOUR BODY LANGUAGE

