

Tips to de-escalate that meltdown

Redirect/Distract

Try stopping the meltdown before it starts.

- with a toy, a song, an activity
- physically redirecting, take their hand "let's go see..."
- Give them a task: "Can you hold the door open for me?"

Stay Calm

- Keep a straight face
- Don't yell
- Practice some deep breathing
- If they are safe, walk away.

Get on their level

- Standing over your kiddo is intimidating and can make things worse, so kneel down or sit so that you are face to face.
- Don't pick them up, that is intrusive and can make them scared.

Eye contact

Once you are on their level, connect:

"look at my eyes"

This way you have their attention and they feel connected to you.

Time-In

Sometimes a kiddo needs a break and their secure adult to provide them with comfort and safety so they can regulate.

"I can see you are getting upset, do you want to sit with me to read a book or snuggle? What would help you feel better?"

Time-out

Sometimes it is important for your kiddo to take a break and be alone. Don't fight them, it's not about being punished, it is about being safe. A quiet spot, their room, or a chair.

Set a timer, and when they come out don't lecture.

You Have a Village