Grow
Early Education

De-escalation Strategies

Wait till the escalation/meltdown has passed then talk to your child about what happened. While you wait, practice these strategies below:

Be present with how your child is feeling – let them know you understand and hear what they have to say about how and why they are feeling a certain way.

Be aware of your own emotions and body language.

Get down to your child's level – This is so you can speak to them. This also allows you to look around at what they can see and hear at their level.

Refrain from yelling – be the calm in the storm when your child is screaming.

Let them know you are there for them when they are ready and need you – Do this by staying close.

Try use a distraction to assist them from what is causing them distress.

Remain calm – co-regulation.

Avoid making demands at this point in time or asking your child to do certain actions.

Respect their personal space – if they are not ready for a hug let them know you are there and when they are ready you will hug them – stay close.

Decrease sensory stimulation – is it too bright? dim the lights. Is it too loud? limit the sound by turning off music/T.V.

Deep Breathing – Role model deep breathing. Encourage them to take deep breaths. Remind yourself to also take deep breaths in this time to help you if you also feel overwhelmed.

Remain non judgmental.

Silence – sometimes not saying anything and just being there is enough.