

NOT ENGAGING IN THE FIGHT

WHAT DOES IT REALLY LOOK LIKE TO NOT ENGAGE WITH A HIGHLY ANXIOUS PDAER...

Stay Calm

Stay calm and keep yourself regulated-pretend if you have to

- Don't take their words personally
- An escalated adult cannot calm an escalated child

Step away

Step away to allow yourself a moment to regulate

- Allow them space
- Choose to say nothing
- Don't offer any corrections
- stay close enough that you are available

Neutral Expressions

Maintain a neutral facial expression

- PDAers are highly sensitive to tone of voice and facial expressions
- Keep body neutral

Choose Your Battles

Ask yourself....

- Is this point worth the anxiety it will cause my child?
- Is this a safety issue?
- Can I let this go?

Ask if they are Seeking Solutions

Ask them if they are needing to vent and verbally process or if they are looking for solutions and suggestions.

Just Listen

Be willing to just listen to their concerns

- validate
- empathize
- really listen
- stay quiet- don't offer your opinions

Allow them Space

- Allow them to walk away with the "last word"
- Hear them out if they come back
- If they ask you to leave, do so without saying anything

Offer Connection

Remain in the room or close by

- Sit without talking or looking at them.
- Find the way they connect: gaming, reading, etc.
- Allow info dumping

Hold Boundaries

Hold up boundaries- based on the trust you have built

- "I can't engage with you until I am calmer."
- "I'm going to step away so I can calm myself."
- I need to take a break because I'm feeling overwhelmed.

Avoid Discipline

- Avoid using threats of discipline.
- Do not critique/criticize
- Do not try to change their anxiety through discipline.
- They will learn better through modeling.