



De-escalation of Childhood Emotions

Introduction

During this workshop caregivers will learn how to prevent, address, and manage your child's behavior.

- Remain in control during stressful situations
- Support your child through challenging behaviors
- Avoid the wrong response which can make the situation worse



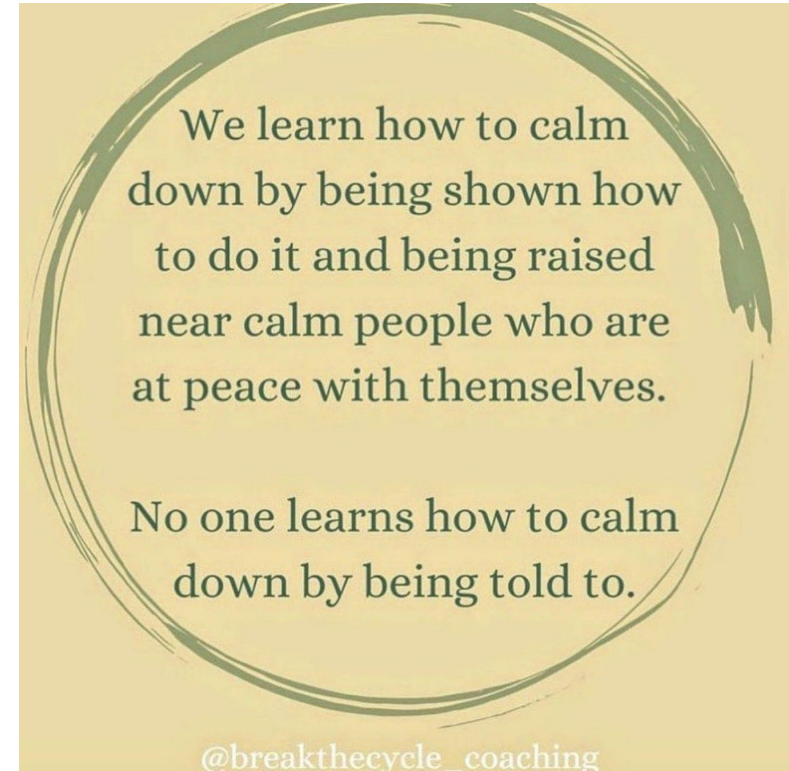
Co-Regulation

How do we remain a child's safe space and source of comfort and calm during frequent out-of-control behaviors that push us to our limit?



Self-regulation

- Taking care of your own mental health is a crucial part of the co-regulation process
- Take time to recharge, recognize, and respond to your own triggers. This allows the child to see and hear appropriate emotional regulation techniques.
- Caregivers are humans too. We all need a break.
- **We are the role models of healthy co-regulation skills/routines**



Let's be curious!

- Regulation can mean asking yourself what is triggering about the behavior, and what the child may be trying to accomplish with the behavior.
- A child's behavior does not mean you have bad parenting skills.
- Remember, children show us their emotions until they have the communication skills to tell us. Every behavior serves a purpose.

You have choices

Big Ignores

- Walk away if the child is safe and the behavior is inappropriate
- Do not re-engage until there is an appropriate behavior
- Removing yourself can decrease your personal tension
- Any attention we give behavior only continues the behavior

Validate and Communicate

- Be curious, reflect on how the child may be feeling “I see you are very frustrated.”
- Praise positives “thank you for telling me kindly how you feel.” “I like that you kept your hands to yourself.”
- Problem solve together “I see your frustrated. We are going to take our deep breathes.”

What is De-escalation

De-escalation is the reduction in the intensity of a conflict. Unlike escalation, which occurs rapidly and unintentionally, de-escalation tends to be slow and only happens intentionally through much effort.

Our goal is NOT compliance!

Our goal is reduced agitation!

THE ESCALATION CYCLE

pattern occurring before, during, and after a meltdown

