

Staying Calm During Escalation

5 Ways to Stay Calm When Your Child is Escalating

1. Think of one thing your child did recently that made you happy with their progress.
2. Do coping strategies with your child and stay with them.
3. Distract them by playing a game or engaging in one of their favorite activities such as arts and crafts or a board game.
4. Call or speak to your safe person. If no one is available, write or draw how you are feeling in the moment.
5. Have your child have space to cool off and take time to go to separate area, if applicable, to do the same.

Things you can do after your child de-escalates:

- Discuss how you both felt prior to and after.
- Have your child write or draw their feelings.
- Discuss what led to the escalation and document it.
- Reassure your child that you are there to support them and help them work through their feelings.
- Take some time for yourself and your child to decompress and do something relaxing.

SUPPORT SERVICES, LLC