

10 STEPS OF MELTDOWN MANAGEMENT



2. VALIDATE

YOU ARE NOT AGREEING, BUT SEEING
Validating doesn't mean that you agree with your child, it means that you are seeing what they are saying. Some examples are "Right now you are..." and "You feel ...". This lets your child know that you hear and see them.

4. NAME THE EMOTION

IT SEEMS LIKE YOU ARE (ANGRY) ...
Naming your child's emotion validates their feelings and gives them permission to have the feeling. "It's okay to be angry. It is not okay to hit or swear at me."



6. MIRROR

SHOW YOUR CHILD WHAT TO DO
Show your child how you want them to behave by doing it yourself. Breathe deeply. talk quietly, and be calm in order to engage the mirror neurons in your child's brain.

8. OFFER ALTERNATIVES

COPING STRATEGIES, OPTIONS, ETC.
Remind your child of coping strategies they have that they may choose to use. Offer possible options if there are any in the given situation. Offer two choices to your child to avoid overwhelming them.

10. PROCESS

WITH ALL PARTIES WHEN CALM
When everyone is calm, which may even be the next day discuss the meltdown. Discuss what led up to it and how it can be avoided next time. Acknowledge your shortcomings and mistakes as well as discussing how your child can change.

1. STAY CALM

AS DIFFICULT AS IT MAY BE, YOU MUST
You must first calm yourself if you want your child to calm down. The more escalated you get, the more escalated your child will get. You can only control your actions.

3. LISTEN AND REPEAT

PRACTICE REFLECTIVE LISTENING
Don't argue or try to rationalize. There is no rationalizing during a meltdown. Listen and repeat back what your child said by summarizing, not exact repetition. This proves to your child that you are listening.

listen

5. FIGURE OUT THE NEED

IF YOU CAN...
Every behavior is communication. If you can figure out what your child is trying to communicate, usually an unmet need, you can work on meeting the need. If developmentally appropriate ask, "what do you need right now?"

7. BREATHE DEEPLY

COUNT TO 10, BOX BREATHING, ETC.
As the meltdown goes on you will need to remember to breathe deeply. Anytime you feel yourself escalating or ready to yell, take a deep breath or a few. Try to get your child to breathe with you.



9. TAKE A BREAK

TAG TEAM IF POSSIBLE
If there are two parents, available tag team, the meltdown. Only one person deals with it at a time and then switch when necessary. If this is not an option do whatever you need to in order to safely take a break. Even if that means sitting in the bathroom with earbuds in.