

# Managing Meltdowns

## During a meltdown:

- Try to stay calm - this will help calm your child down
- View it as a crisis to manage, rather than a battle
- Prioritise keeping your child and others safe
- Use short and simple language, and try using visuals
- Drop any demands, and give your child space to calm down
- Try to avoid threatening punishments or rewards, as your child won't be in a state where they can reason
- When your child begins to calm down, try reassurance and affection

## After a meltdown:

- Let your child rest and offer a drink or snack
- Sometimes your child may feel guilty or angry with themselves. Reassure them that it's over, you still love them and show understanding
- Some children find it helpful to talk about what happened, however this may be too stressful for others and could cause another meltdown

## Safe space

- Guide your child towards a safe space
- Stay with or near them
- Cuddle or stroke them if they find this reassuring
- Follow at a safe distance if they run off

