

Aug

Sep

Oct

Nov

Dec

Jan

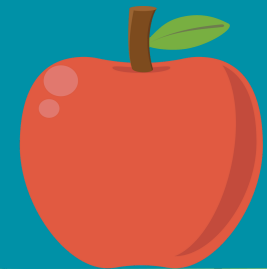
Feb

Mar

Apr

May

Resources



Quick and Easy



Behavior

Interventions



Aug

Sep

Oct

Nov

Dec

Jan

Feb

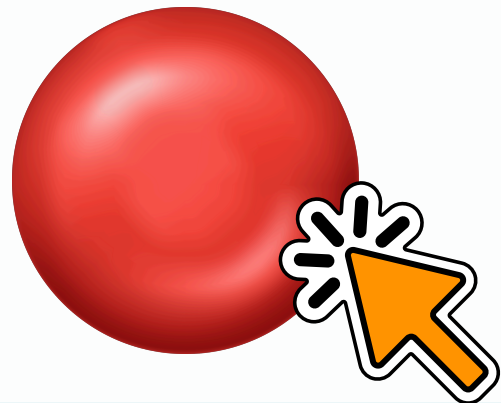
Mar

Apr

May

Jun

Jul



Beyond De-Escalation: Understanding Meltdowns

De-escalation is often treated as the goal when meltdowns occur. But calming a moment does not mean the underlying problem has been understood or addressed. Meltdowns are not simply crises to manage. They are signals of accumulated overload, unmet needs, and loss of regulatory control. Let's focus only on stopping behavior, miss the opportunity to reduce future meltdowns and protect wellbeing.

For more information click the red button.

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Resources

How:

Show Patience

Never rush a child, it may take them some time to process, they need time to put their thoughts/feelings into action.

Resources and Tools

- **Co-Regulate in the Moment:** A child in a meltdown cannot think logically. Remain calm, use a quiet voice, and use minimal language (e.g., "I'm here").
- **Ensure Safety and Space:** Remove dangerous items, reduce sensory input (dim lights, turn off noise), and, if necessary, give them space to release energy rather than forcing compliance.
- **Validate, Don't Reason:** Acknowledge their feelings ("I see you are very angry") without validating unsafe actions.
- **Proactive Prevention:** Identify triggers (e.g., transitions, specific sensory inputs) and establish routines. Use visuals, timers, and provide sensory tools like fidgets or weighted blankets.
- **Post-Meltdown Connection:** Once calm, connect with your child. Discuss the incident, identify what happened, and teach coping strategies for the future, but wait until they are completely regulated.

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Jun

Jul

Additional Resources

- Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

- Western Tidewater Community Services Board

