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## Strategies to Defuse **MELTDOWNS**

1. First **manage** your own emotions/triggers
2. **Hold space** for your child's big emotions
3. Get down to their **level** rather than standing over them
4. Reduce your **verbal** language
5. Utilise **calm**, centred, open body language
6. **Validate** their emotions
7. Agree with their **feelings** not their behaviour (if it's hurtful, inappropriate, dangerous)
8. **Empathise** with what they are feeling
9. Maintain your **boundaries**
10. Decrease **stimulation**, background noise, people, etc.
11. Use **touch** to comfort them
12. Use other ways to say 'no' (I like ice cream too, but it's for after dinner)
13. Use **breathing** techniques, calming visual supports, etc
14. Avoid **reasoning**, their rational brain isn't engaged yet
15. **Re-direct** them to another activity or space (only when they are ready)
16. Support them to **problem-solve** (when they calm)
17. Use **active** listening
18. Be **silent!**
19. **Let go** of the need to control the outcome
20. When it's over, **start fresh** and move on with the day!



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FB: Let's Raise Emotionally Intelligent Kids