



De-escalation Strategies

Act calm even if you're not.

Remove sensory triggers.

Make the child feel safe.

Give the child a choice.

Use humour to lighten the mood.

Talk about something they like.

Let the child talk without interrupting.

Change the subject to a positive one.

Invite the child to do a calming activity.

Avoid needing to get the last word.

Remind them they're not in trouble.

Ignore behaviour if you can.