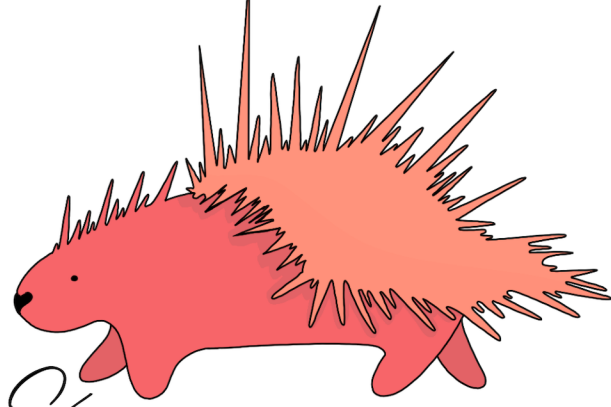


# 5 STEPS FOR MANAGING

*meltdowns*



When your child is in a meltdown, there's nothing you can do to stop it. The brain has essentially been hijacked and it has to cycle and recover. No amount of talking or rationalizing will help. In fact, that actually makes it worse because in meltdown, the child's thinking brain is inaccessible. What you can do is offer support in a way they can handle and need. Follow these steps.

01

## STAY CALM

Lend your calm to your child.

02

## SHOW EMPATHY

Let your child know that you see their struggle.

03

## RESPOND, DON'T REACT

Pause and respond with purpose.

04

## STOP TALKING

Be silent. Talking only adds to the overwhelm.

05

## HONOR YOUR KID'S NEEDS

Stay if your child needs, or leave the room if that's what they need.