



Meltdown De-escalation Steps

When a **meltdown happens**, the goal is to **de-escalate**, not to teach a lesson in the moment. Use these steps to **help your child regain control** while maintaining connection and support.

Step 1: Stay Calm & Lower Your Voice

- ✓ **Your child's emotions mirror yours**—stay composed.
 - ✓ **Speak slowly and softly** to model calmness.
 - ✓ **Take deep breaths** before responding.
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Step 2: Validate Emotions

- ✓ Acknowledge **their feelings** – *“I see you're really upset.”*
 - ✓ **Avoid saying** *“calm down”* or *“stop crying.”*
 - ✓ **Let them know emotions are okay** – *“It's okay to feel frustrated.”*
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Step 3: Offer Support

- ✓ **Give choices** – *“Would a break help?”* or *“Do you need a hug?”*
 - ✓ Encourage a **calming tool** (deep breaths, sensory item, quiet space).
 - ✓ **Stay present** without forcing conversation.
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Step 4: Give Space If Needed

- ✓ **If your child needs space, allow time to self-regulate.**
- ✓ **Stay nearby** and check in after a few minutes.
- ✓ **Avoid punishments**—meltdowns are **not intentional misbehavior**.



Step 5: Discuss & Reflect Later

- ✓ Once calm, talk about what happened – *“What were you feeling?”*
- ✓ Identify triggers and plan for next time.
- ✓ Reinforce coping strategies – *“Next time, let’s try taking deep breaths first.”*

Need Help Managing Meltdowns?

Book a **free 30-minute consultation** for **personalized de-escalation strategies** to help your child develop self-regulation skills.

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[Schedule Here](#)

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De-escalation builds trust and emotional resilience. Which step will you focus on first? 

Warmly,

Tom