

Calm Down Trilogy: Relaxation, Distraction, Release

- Three elements of calm down: relaxation, distraction, release.
- Calm down strategies must be modeled and practiced.
- Relaxation works only at the earliest stages of anger arousal.
- Distraction may not be accepted by a child who is already angry.
- Quickly move to anger release before anger causes too much damage.
- Use calm down spaces that are removed from the situation.
- Calm downs are not punishment.
- Be wary of screen related calm downs.
- Distractions are most useful when they engage a child's interests.
- Be creative finding the right strategy for your child.
- Use different calm downs for different situations.
- Angry children may resist calm downs, have strategies ready.
- Be sure your child has actually calmed down.
- Sometimes a time out or physical assist is necessary.