

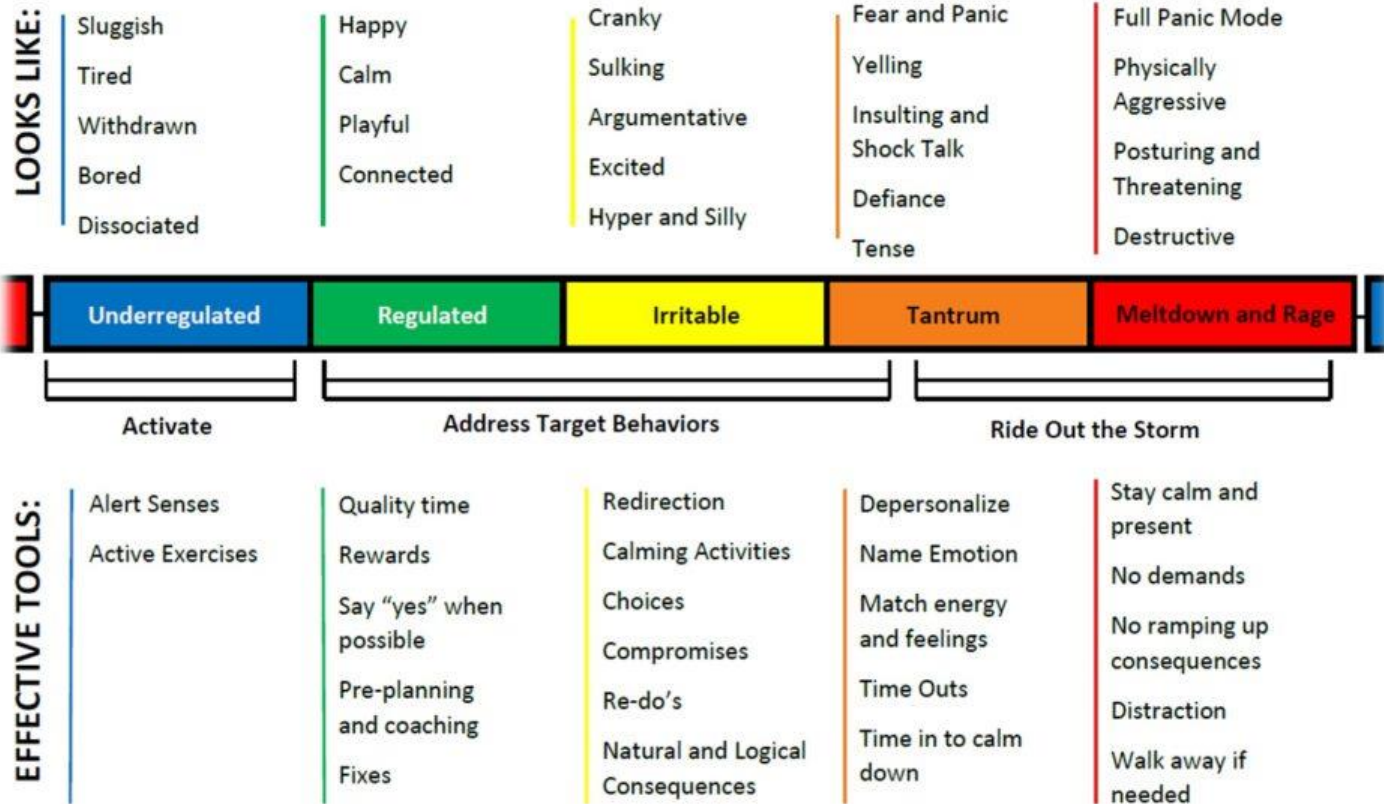
De-escalation Strategies

- Appear calm and self-assured (open arms, shoulders and fists relaxed)
- Avoid direct stand-off position
- Neutral, soft facial expression (relax jaw, soften eyes, relaxed brow)
- Allow physical space; Allow for either of you to exit if needing more space
- Control your breathing (match child's breathing first and then slow your own breath)
- Lower your voice, Keep your tone even.
- Distract/divert when possible (look out window, etc.)

De-escalation Strategies (continued)

- Arrange/remove audience depending on the child
- Simple words or calming mantras; broken record
- Say what you want the child TO DO (not what you want them to stop doing) – (“Put the chair down” versus “Quit screaming”)
- Give choices
- Acknowledge feelings
- Reflect, agree when possible
- Leave the scene together

When To Use Our Parenting Tools



ALWAYS USE: Connection - Praise - Selective Ignoring - Pick Your Battles

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STATE	CALM	ALERT	ALARM	FEAR	TERROR
WHAT DE-ESCALATES	Calm sounds, personal space, predictable touch, predictable routine, proximity to trusted adult	Quiet voice, structured choice, simple directions, eye contact, rhythmic movement, distraction, Somato-sensory	Quiet words, simple mantras, invited touch, attunement, reflective listening, reassurance, soothing	Quiet adult presence but allowing space, few words, singing, humming, music,	Safe personal space, no words, reduce lights/sound, adult support, calm adult nearby but disengage as needed
WHAT ESCALATES	Noise, sensory overload, confrontation , angry voice, uninvited touch, unpredictable routine,	Complex directions, anger, threats or ultimatums, directions from distance, public confrontation or correction	Raised voice, confrontational posture, threatening tone, pointing , cornering, shaming, chaos in environment	Chaos, frustration of adult, yelling, collective dysregulation	Grabbing, shaking, screaming, intimidating, threatening