



# DISTRESS BEHAVIOURS

Five Top Tips from parents to help you to understand and manage your child's distress behaviours.



## Read The Signs

Always be on the lookout for signs of distress or rumblings in your child. This means you might be able to intervene early and hopefully avoid a meltdown or shutdown.

## Don't Worry About Other People

When managing a meltdown in public, try not to concentrate on what other people think or say. You know your child best, and you know what is best for them.



## Provide Space

Give your child time and space to calm down after a meltdown to give them a chance to regulate themselves. In the moment, there's no point in trying to reason for them- They can't hear you. They can't think logically, so make sure that they're fully calm before you start to engage them again.

## Try to Remain Calm

When your child is upset, always try to stay as calm as possible when you are dealing with them - if you go in 'all guns blazing', it will most probably escalate the situation.



## Pick Your Battles

Ask yourself who is being challenged by the behaviour. If it's not really hurting anyone, does it need to be stopped?