

De-Escalation Strategies

DON'T TRY TO REASON	AVOID MAKING DEMANDS	GET ON YOUR CHILD'S LEVEL
DON'T YELL OVER A SCREAMING CHILD	VALIDATE THEIR FEELINGS, NOT THEIR ACTIONS	REFLECTION
RESPECT PERSONAL SPACE	BE AWARE OF YOUR BODY LANGUAGE	ANSWER QUESTIONS BUT IGNORE VERBAL AGGRESSION
MOVEMENT BREAK	BE NON-JUDGEMENTAL	USE A DISTRACTION
DECREASE STIMULATION	AVOID SAYING NO	ACKNOWLEDGE YOUR CHILD'S RIGHT FOR REFUSAL
CALMING VISUALS	DEEP BREATHING EXERCISES	SILENCE

RAISING AN *Extraordinary* PERSON