



Top Tips for Calming Meltdowns

By Lisa Rudge



1. Check your own emotions
2. Accept that they are dealing with a big emotion (regardless how minor the issue may seem)
3. Position yourself at their level
4. Decrease sensory stimulation where possible
5. Reduce your verbal communication
6. Use active listening
7. Use calm, reassuring body language
8. Use touch / gentle pressure to comfort them
9. Validate their big emotion
10. Empathise with how they may be feeling
11. Separate their feelings from their behaviour
12. Focus on calm breathing
13. Avoid trying to reason with them until the meltdown has passed
14. Explore the trigger for the meltdown once calm
15. Support them in problem solving once calm

