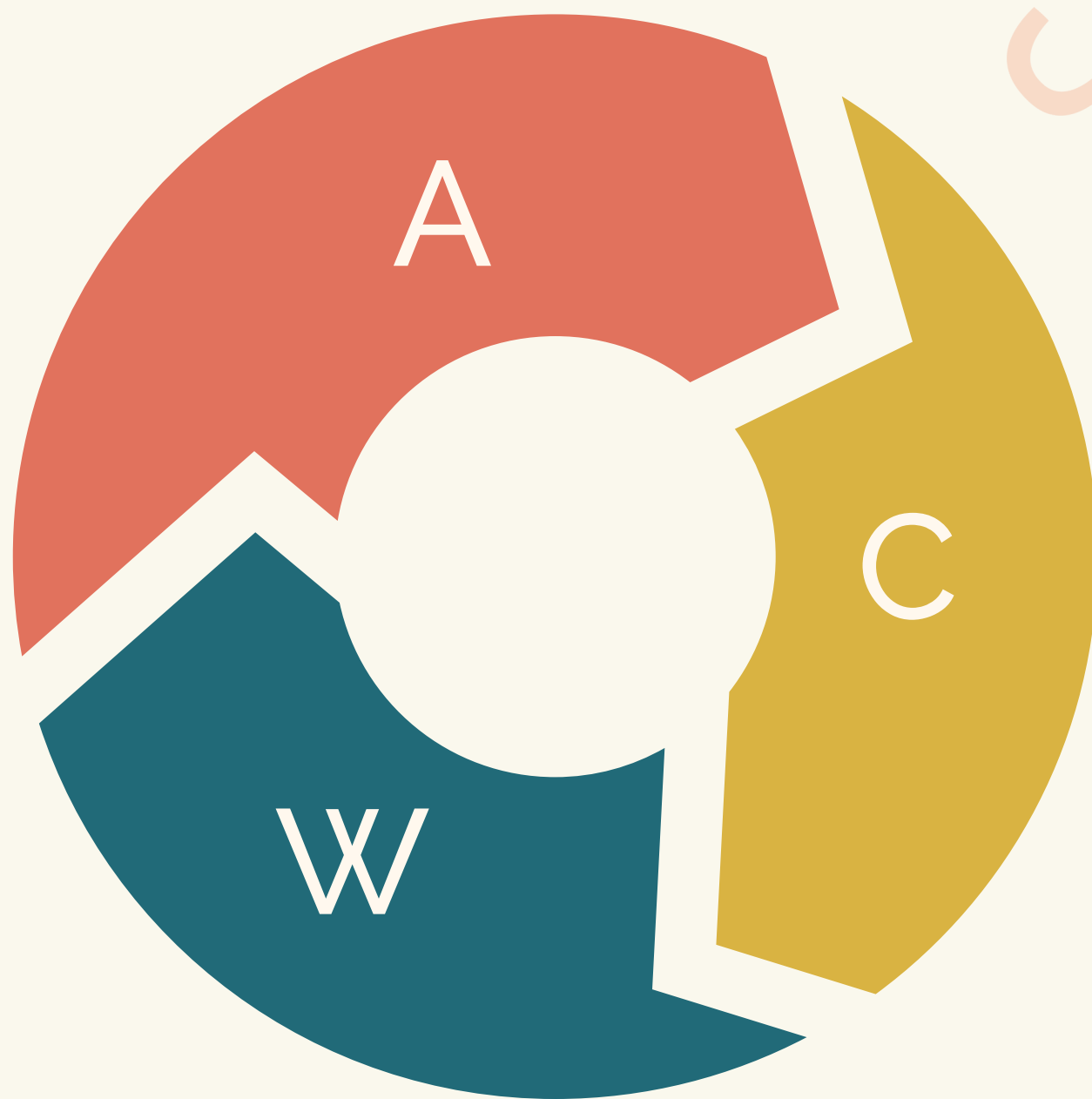


STEPS TO MANAGING MELTDOWNS WITH MY ACW MODEL



ACCEPT IT!

Accepting a meltdown is crucial for managing it effectively. **Recognize** your child is dysregulated. **Don't blame** yourself or your child.

Meltdowns are a natural response for some children when they reach their limit

Don't try to force the situation back to normal. **Focus on creating a safe space** for your child to express their emotions

By accepting the meltdown, you can **stay calm** and offer support, which **helps your child feel secure** and eventually regulate their emotions



CULTIVATE CALM

Staying **calm** is essential for helping your child during a meltdown. Here's how to maintain composure:

Deep breathing - be regulated

Few words - avoid overwhelming your child with instructions or questions

Physical presence - be there for your child, even if it's just sitting nearby

Breaks are okay - if you feel overwhelmed, take a short break to calm down before returning. It's better to come back calm than escalate the situation

Remember, **your calmness helps set the tone for the situation.** By staying calm, you create a safe space for your child to calm down as well



WORK IT OUT

Once everyone is calm, **talk it through**. Wait until your child is ready, then use clear language to ask:

"What happened?" (Open-ended question)

"How can I help next time?"

This helps your child **reflect** and develop **coping strategies** together



WANT SUPPORT MANAGING
MELTDOWNS? I'M HERE TO HELP

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