



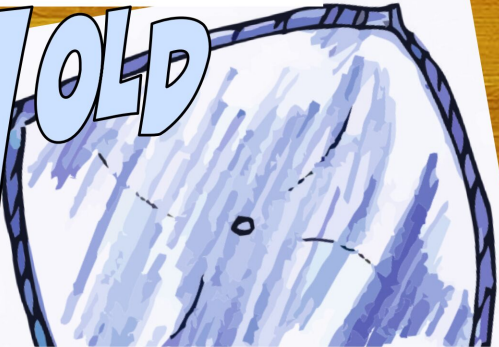
HERE COMES A MELTDOWN

WHAT HELPS?

www.meltdowntracker.com

GUIDE
FOR PARENTS,
TEACHERS,
CARERS...

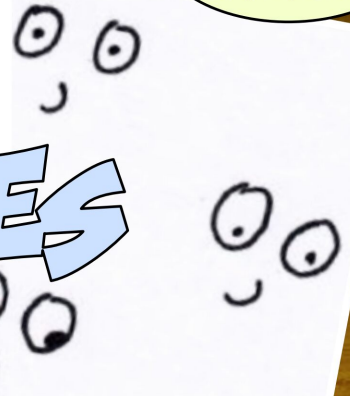
HOLD



Hold a cushion or beanbag to reduce risk of being hurt by the person experiencing the meltdown

Reduce
direct eye
contact

EYES



LOW & SLOW



SPEECH

Talk as little as possible, eg
"Hands down" rather than "No
hitting"



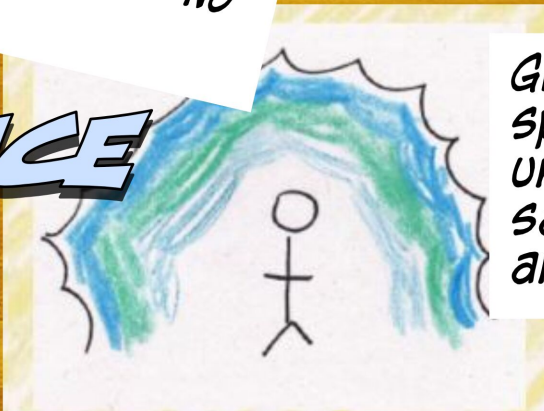
PLACE

FEET



SIDWAYS

SPACE



Give
space
unless
safety is
an issue*

Note: These are my views as a parent and teacher, I am not a trained professional. These tips may reduce the length and intensity of a meltdown but they will not magically stop one.

* If safety is an issue, there is online advice from other providers, eg holding techniques