WHAT IS A MELTDOWN?

I am defining meltdown as any behaviour that happens when the individual is not coping.

These behaviours could be anything from completely shutting down for a time, shouting or screaming, running away, to becoming physical towards themselves or others.

WHO CAN HAVE MELTDOWNS?

Meltdowns can happen to people with or without a diagnosis.

Some people who experience meltdowns and shutdowns will have a diagnosis such as Autism, Attention Deficit Hyperactivity Disorder (ADHD), Down Syndrome, Epilepsy, Anxiety, Dementia, Post Traumatic Stress Disorder (PTSD), and many more...

Also, some people with Autism or any other diagnosis, may not have meltdowns or shutdowns.

WHY DO MELTDOWNS HAPPEN?

Meltdown causes can vary greatly between individuals. Some of the more common reasons are: Sensory Overload (Loud noises, bright lights etc...) anxiety, frustration, food reactions, feeling hungry, ill or tired.....

Meltdown= temporary cognitive compromise

WHAT NEXT?

KNOW YOU ARE NOT ALONE
Know that you are not alone, meltdowns affect so many people.

THERE IS RESEARCH, THERE IS HOPE...
Research collected over decades by Dr Ross Greene shows that using a Collaborative & Proactive Solutions (CPS) model can reduce meltdowns and help build proactive skills for the future. Check out livesinthebalance.org for more free info

FREE VISUAL RESOURCES
Visit meltdowntracker.com for loads of free visual resources, all made be me, a teacher and someone with many years' experience with shutdowns and meltdowns,

FIND SOMEONE TO TALK TO
This could be your GP, friend, anyone - it is okay to talk about meltdowns and seek help!

RECOMMENDED READING

Books

* Dr. Ross Greene, The Explosive Child

* Leah Kuypers, Zones of Regulation

web:
www.livesinthebalance.org (Dr.Greene's website with free resources)

IMPORTANT

If you have concerns about meltdowns, contact your Doctor/ GP.

Get in touch, I would love to hear from you! www.meltdown tracker.com

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MELTDOWNS : A GUIDE

BY MELTDOWN TRACKER

I am an adult with Autism, an Autism parent and qualified teacher, this is not a substitute for advice from a medical professional.