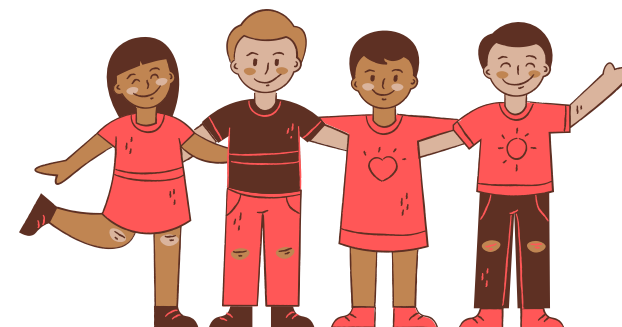


My "child de-escalation" checklist.

- ☒ Can I separate my child and who they are from the behavior they are using right now?
- ☐ Have I swapped 'attention' with 'connection' in my mind to see if it changes my outlook on this situation or my response idea?
- ☐ Can I be kind, honest and understanding in my response with whatever is said right now?
- ☐ Do I have self-care strategies in place for us all as a way to repair our rupture?
- ☐ Do I need time to think or do I already know how and what I would like to say?
- ☐ Am I emotionally prepared to handle any thoughts, feelings or triggers that might come up for me?
- ☐ Have I reminded my child that no matter what I love them regardless?
- ☐ Am I able to be open to stepping into my child's shoes while I listen to what they have to say today?

Some tips, hints and ideas for de-escalating a situation with my child in the moment.



We acknowledge the Traditional Custodians of the land on which we live and work. DVAC is an inclusive service to all eligible members of the community experiencing domestic, family and/or sexual violence. People from all religions, ethnicities, LGBTQI, ages and abilities are welcome.



**Some tips,
hints and
ideas for
de-escalating
a situation
with my child
in the
moment.**

Try to identify
any sensory
triggers and
remove them
quickly.

Is there anything you
could give your child
to ground them while
you attempt to co-
regulate them such as
a favorite soft toy, or
something as simple
as a cold cup of water
to drink. Anything to
help bring them back
into the present
moment.

Be kind using
age appropriate
child
appropriate
language.

Name your child's
feeling or emotion
that you think they are
displaying, not the
behavior. Be curious
about why they feel
this way and even
hypothesize if it is
appropriate to do so.
Be accepting of the
way that they feel.

Talk calmly and keep
statements brief so as not
to overwhelm your child.

If your child is young, make
sure to physically come to
their level. Try not to stand
over them and move your
body position so that it
does not add any further
anxiety.

Acknowledging this
might be a difficult
time for all involved
and trying to keep a
calm tone of voice.

Sometimes, a trigger can
be: a conversation, being
in a certain situation, A
conflict with a sibling,
flashing lights or a loud
noise, a pitch of voice.

Not using blame,
swearing, name
calling or
exaggerations
(always and never).

If the dysregulation often
occurs in the home, consider
building a safe space in the
home such as a 'Calm-down
tent' or 'Keep calm Cave' which
can allow your child to seek
solace when they need to be
away from things after you
have helped to regulate them.

Often, talking to your child amidst a
heightened state can escalate and
make the symptoms or the situation
worse.

Figuring out if your child is currently
in control of their actions in this
moment will help you to assess if
they are outside of their **window of
tolerance** / they have
'flipped their lid'.

For children who are currently out of
their window they will need a safe
adult to co-regulate their emotions
for them and to help sort their
feelings.

Listen to how your child
feels and then empathize
with them as best you
can while maintaining
your boundaries set.

Never use physical
violence as a punishment
if domestic violence was
used at home as it can
further damage
attachment.

