



QUICK TIPS

First Responses to Unsafe Behavior

- **Pause-Breathe:** Pause and take a deep breath. A dysregulated adult cannot effectively calm a child.
- **ABC's:** Assess the situation by identifying the ABC's.
- **Reflect:** What does my child want right now? Can they have it or is it not a choice? Yes – prompt for communication. No – What can they do instead?
- **Re-focus:** Focus on calming and de-escalation techniques.