

## **Parent Protocol For Meltdowns: Connect and Redirect**

1. Remove audience/stimulations if at all possible.
2. Calm/low tone of voice. *VITAL*.
3. Minimal talking- Short and simple. 5 words or less statements.  
*Remember, we don't engage with arguments, lots of talking is overstimulating, and trying to convince logical thinking only exacerbates the meltdown.*
4. If dangerous and must hold, keep calm, loving, and little talking until they settle. When more settled (doesn't need to be fully), ask if they are ready to be safe and expect a calm verbal response (signs of front brain working) before restating your expectations (require a response- 2nd confirmation of front brain working), then letting go.
5. Transition them from the hold to a loving connection, or co-regulation. Play a calm activity together, something from their coping/calm skills list, snuggle, hugs, use calm box together, try to engage with right brain (or left brain first if autistic or black/white logic thinker) **FIRST**. Once engaging in relationship, discussion of emotions, what they were angry about, then redirect to the left brain to explore the logic of the problem and the outcome to actions.
6. Discuss consequences. This should never be done while in meltdown mode, unless early on and given as a 1 time warning of the choices they are about to make. If the choice and action has been made and we are falling apart, save this for the 6th step.
7. Eventually the goal is to be able to circumvent the 4th step and move right into the loving connection. Connect and redirect. This IS possible, most therapists/teachers cannot legally use holds and are often successful at this.

## **Connect THEN Redirect**