

# Steps for Supporting Time to Calm Down

- 1 Stop what you are doing
- 2 Pause to calm yourself, step back, take a deep breath, have a quick glass of water
- 3 Give your full attention to your child, seek eye contact at their level and listen
- 4 Empathise with the feeling, even if the behaviour isn't acceptable  
*e.g. "I can see you are feeling really angry, and it's not okay to hit out at someone"*
- 5 Say *"it's time to calm down"* in a calm voice, followed by *"I'm here to help you."* Repeat these as necessary, quietly and calmly
- 6 Some children may benefit from a safe, calming place  
*e.g. a big cushion or little den to recover*
- 7 Stay with them if they need your help to calm themselves
- 8 Think about using a calming visual object to help recovery, or some calming music or sounds
- 9 If they are hurting themselves or others, place a gentle hand over theirs and say *"no, I can't let you do that"*
- 10 Welcome them whenever they are ready to re-join what is happening