

# Meltdown Support Plan

Step-by-step guide for carers supporting children during intense overwhelm.

## Before a meltdown

- [ ] Notice early cues: voice volume change, clenched fists, faster breathing.
- [ ] Prompt co-regulation: "Would you like the weighted blanket or ear defenders?"
- [ ] Offer choices to restore control: "We can pause homework or swap tasks."

## During a meltdown

- Stay nearby if safe; remove siblings or excess stimuli from the room.
- Use calm, low language: "You are safe. I am here when you are ready."
- Allow movement or stimming that is safe; block dangerous actions without restraining unless absolutely necessary.
- If harm is likely, follow crisis plan and contact emergency services.

## Afterwards - repair & learning

- Offer comfort without demanding eye contact; provide water or a snack.
- Once calm, debrief briefly: what triggered it, what helped, what we can change next time.
- Update this plan with successful strategies and share with school or support teams.

Next steps to try: \_\_\_\_\_

Review date: \_\_\_\_\_