



MANAGING MELTDOWNS

- For Parents

MELTDOWNS

- What can these look like?
- What behaviours are exhibited?
- How can they be managed?
- What strategies are available?

CAUSES OF MELTDOWNS

Sudden change or novel situations



Overwhelming stimulation

Transitions

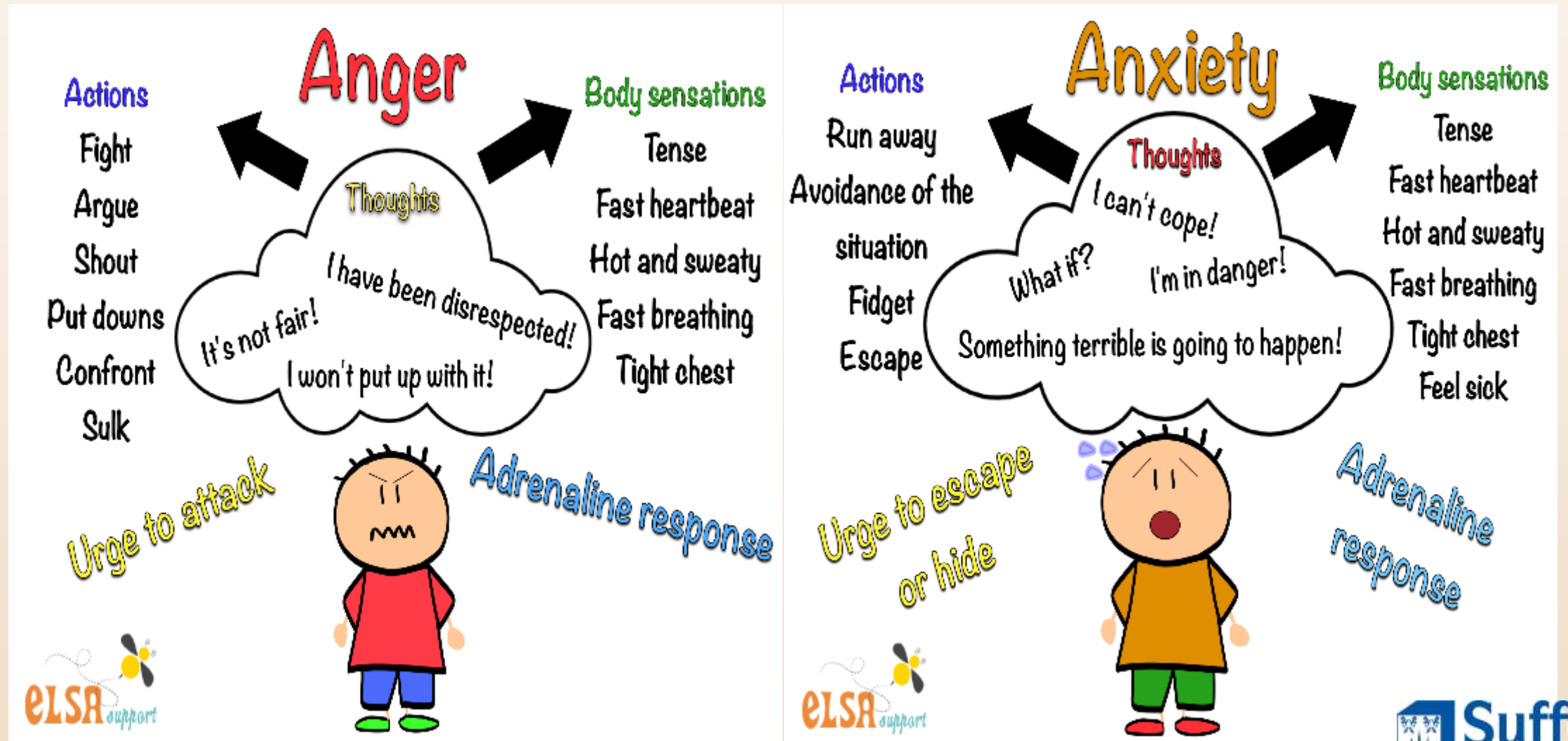
Confusion

Poor emotional management



Sensory overload

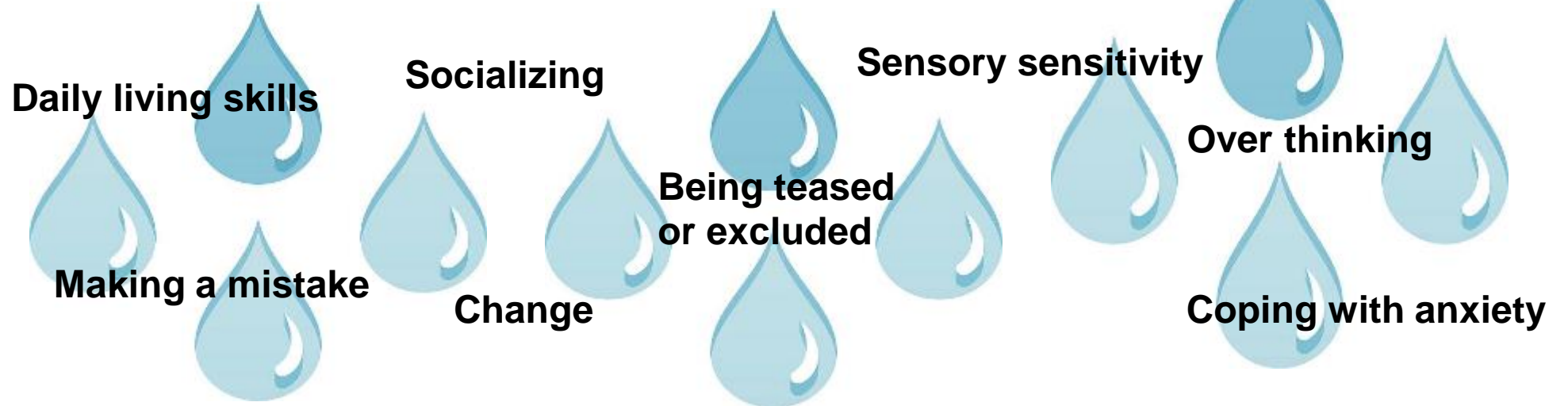
BEHAVIOUR RESPONSES



WHAT MAKES OUR STRESS BUCKET FILL AND OVERFLOW

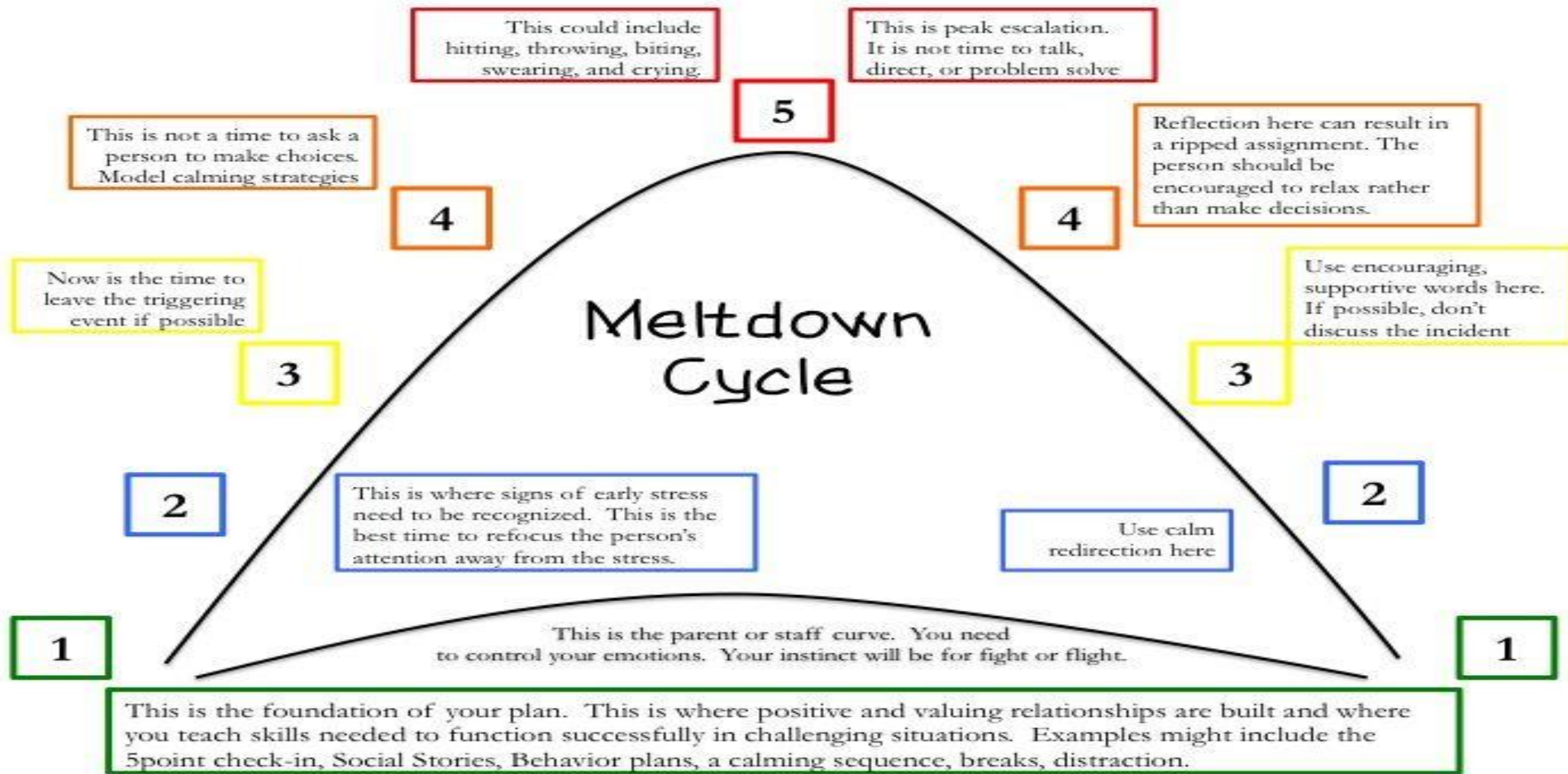
The Stress Bucket is a helpful way to think about how we can try to control the build-up of stress and emotions in our lives.

What fills your bucket? Too much input and it will overflow



HOW TO EMPTY OUR STRESS BUCKET





Meltdowns can be a reaction to a build-up of stresses or severe stress. This stress may not be obvious to you as a parent.

DURING A MELTDOWN

BEFORE A MELTDOWN

- show you understand and recognise their feelings
 - Use distraction techniques
 - Remain calm
- Identify triggers - Take note of when meltdowns occur and look for patterns – activities, time, food/ drink intake

- Use minimal words
- Avoid physical contact
- Have a plan – calming strategies, who will support, who is on standby to assist
- Choice board – this or this
 - Keep safe – move people and objects which may cause harm to themselves or others

AFTER A MELTDOWN

- Extended periods of time to calm are needed
- There may be intense feelings of shame, remorse and humiliation
- Continue to be safe, calm affirmative, and empathic
- Reflect – who, where, what, why?
- Plan future strategies

How do you feel today?

0 1 2 3 4 5 6 7 8 9 10

The higher the number the stronger the feeling



STRATEGIES TO MANAGE BEHAVIOUR

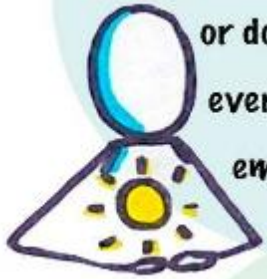
- Feelings lines
- Using a place to calm
- Break system
- Time warnings
- First/Then Now/Next
- Reward positive behaviour
- Focus on what you want the child to do rather than what you want them to stop doing
- Remain calm

IDEAS AND ACTIVITIES

Calming activities...

such as mindfulness, wellbeing apps, exercise and art, can be modelled

or done together to help everyone practise good emotional wellbeing.



Try to use **Reliable Sources**

...particularly those focused on how to stay safe. Be careful of social media giving incorrect information.



Finding a place in the day to

share '**worry time**' together might help reduce anxiety. Fixing a small amount of time will help you worry less about all the information on Covid 19.



Create new routines together, look for opportunities to build skills and spend time together.

This is not a typical situation so relaxing boundaries temporarily is ok.



5 TIPS FOR FAMILIES

Social Stories and Comic Strip Conversations

are a good way to build your positive self-talk and coping strategies.



.... to help reduce stress and anxiety for young people with autism....

Exercise Regularly Together

- This releases natural feel good chemicals that can:
- reduce stress and anxiety
 - help you to sleep better
 - improve self-image



Listening to Music

- Try playing slow-paced instrumental music in the home as it can:
- lower blood pressure and heart rate
 - reduce stress hormones



Deep Breathing

Sit comfortably, try to notice:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 deep breath



Gratitude Journal

Try keeping a family gratitude journal. Writing down something you are grateful for together each day can help to relieve stress by focusing on and sharing positives.



Reduce Caffeine

High quantities of caffeine can increase stress. If you notice it is making you feel restless, cut back. Less caffeine may also help you to sleep better.



5 TIPS FOR FAMILIES

.... to help reduce stress and anxiety for young people....





Clear Facts

Ask them what they are actually worried about, be honest but reassuring, give child friendly facts and answer their questions.

Lots of Emotions

Listen to each other's feelings and explain that we are all experiencing lots of different emotions and that's ok.

It's OK...

Social Story

Create social stories using your child's calming ideas to manage changes e.g. 'washing your hands', 'what to do if you feel scared', 'why we have to stay at home'.



Screen Time Boundaries

Try to be flexible and clear about any changes to screen time. We use our screens to stay connected, but let your child know it is just for now, whilst we can't meet other people.

5 TIPS FOR FAMILIES



Focus on the Positives

This is an opportunity to spend more time together, develop your special interests and channel your skills.



.... to help reduce stress and anxiety for children with autism....



PHYSICAL ACTIVITIES

Devise an exercise routine using funky moves

Physical exercise supports good mental health, relieves stress and increases concentration.



Gardening
Sow some seeds.
Do some weeding or tidy your outdoor space.
Look for bugs!
Water your house plants



<https://app.gonoodle.com/categories/stretch>

<https://www.verywellfamily.com/brain-breaks-for-busy-kids-1257211>

Bricks2learn have created daily You Tube videos on different themes to encourage building



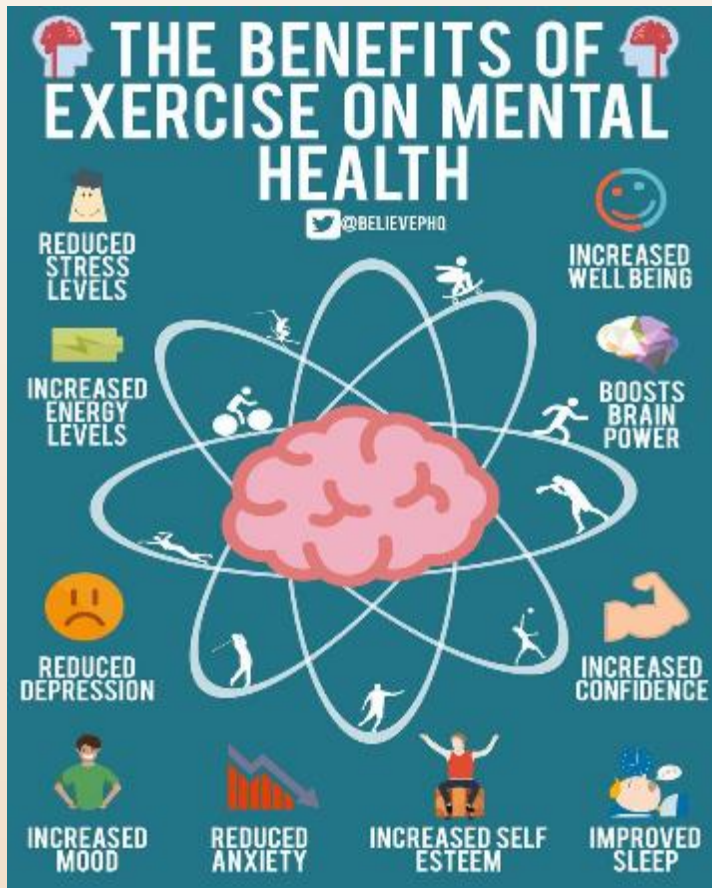
<https://www.goodtoknow.co.uk/family/things-to-do/gardening/gardening-ideas-activities-kids-539163>

<https://www.bricks2learn.com/youtube>



PHYSICAL ACTIVITIES

Keep Moving Suffolk is a local campaign to keep people active in and around their own homes



Get set for PE, has a number of indoor and outdoor activities to keep all ages busy

Resource Bank for Active Families

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

STARJUMPS P.E WITH CHALLENGE JOE WICKS SKIPPING CYCLING GARDENING 10 MINUTE CARDIO SQUATS DANCE GYM FREE WORKOUTS TENNIS AT HOME BURPEES YOGA

www.keepmovingsuffolk.com

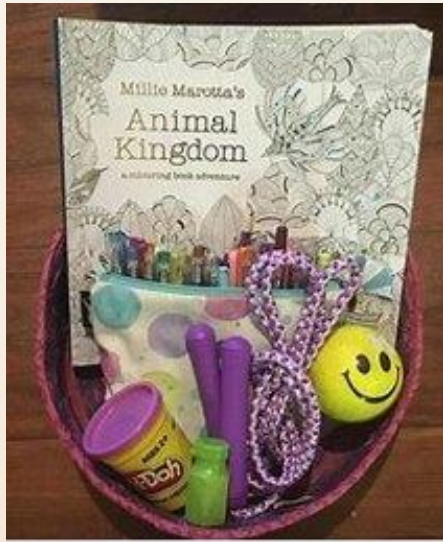
Go on a sensory walk around your house or garden. What can you see, hear, smell and feel? Printable resources available

- INDOOR SCAVENGER HUNT**
- Find a Fork.
 - Find something that is red.
 - Find a tissue box.
 - Find 3 things that have wheels.
 - Find an orange crayon.
 - Find something that is very soft.
 - Find a band-aid.
 - Find a key.
 - Find 2 socks that match.
 - Find something round.
 - Find a sticker.
 - Find a rubber band.
 - Find a pair of glasses.
 - Find an envelope.

- BOOK SCAVENGER HUNT**
- Find an animal in a book.
 - Find the word spring in a book.
 - Find someone helping someone in a book.
 - Find a picture of a sun in a book.
 - Find a book that makes you laugh.
 - Find a bug in a book.
 - Find someone sleeping in a book.
 - Find a character eating in a book.
 - Find a pet in a book.
 - Find a cat in a book.
 - Find a superhero in a book.
 - Find a bike in a book.

<https://primaryplayground.net/>

MINDFULNESS AND RELAXATION



Create a calm box to support emotional regulation



<https://inclusiveteach.com/>



Relax with a story or music

- Hot Air Balloon Ride: A Guided meditation for Kids, Children's Visualization For Sleep
Sleep Easy Relax - Sleep Meditation Music
- Relaxation For Children - Music for Learning, Quiet, Positive, Harmony - PURE
PureRelax.TV
- The Magical Enchanted Tree - Children's Guided Meditation
Sleep Easy Relax - Sleep Meditation Music
- Guided Meditation for Children | Your Secret Treehouse | Relaxation for Kids
New Horizon - Meditation & Relaxing Music
- Enchanted Tree RAINBOW Meditation for Children's Sleep | Kids Bedtime Story with

https://www.youtube.com/watch?v=R05SOqgmW5PI&list=RDQMfDA-7_xw5JE&index=13



<https://www.youtube.com/user/CosmicKidsYoga/playlists>

MINDFULNESS AND RELAXATION

Taking some time off for **relaxation** is vital to help your **mind** and body switch off from pressures. (youndminds)



Try some meditation activities



<https://www.elsa-support.co.uk/relaxation/calming-activities-children/>



<https://www.moodcafe.co.uk/media/8374/Relaxleaflet.pdf>



<https://biglifejournal.com>



FEELINGS

There are many resources that can support the communication of feelings

Big feelings come and go, is a story about flight, fight, freeze responses. It supports self-regulation



https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf

Create opportunities to Communicate with each other



<https://www.elsa-support.co.uk/>

FEELINGS

HOW TO IMPLEMENT THE SCALE

Resources to support recognising, expressing and reacting to different feelings and emotions



Use a visual reminder to understand emotions

My Control Scale

Rating	Looks like	Feels like	I can try to
5	Hitting, kicking	My head will explode	Go to my room
4	Screaming and Swearing	Nervous	Go for a walk
3	Quiet, sometimes rude talk	Bad mood, grumpy	Take deep breaths
2	Regular kid!	Good	Stay that way!
1	Playing, having a great time	A million bucks!	Enjoy!

My Problem Scale

Rating	Type of Problem	Possible Responses
5	Catastrophe <i>Brother gets hurt</i>	Might cry and yell, need immediate adult help
4	Big Problem <i>I have no where to sit at lunch</i>	Take a few deep breaths. Say "I can get help with this."
3	Medium Problem <i>Lost Homework</i>	Take a break Say" I can get through this."
2	Little Problem (Annoyance) <i>Missing Lego</i>	Take a few breaths Say" I can work it out"
1	Glitch <i>Friend is late coming over</i>	Say "Oh well", It's OK"



5 point scales are a simple and effective way to communicate. It supports the understanding of responses and feelings to particular behaviours in non-judgemental language.



CISS are supporting parents during these unprecedented times:
Providing virtual advice and guidance for children with communication
and/or social, emotional and mental health needs.

Contact Tel: 01473 264717 or email: cissparentsupport@suffolk.gov.uk

Please note that this telephone line will only be answered between the
hours of 9am and 3pm and advice will not be given during the call, but
questions passed on, which will then be answered by the most relevant
CISS member of staff.

USEFUL INFORMATION

Suffolk info link - an online directory of community information; local clubs, societies, community and voluntary organisations, childcare providers and services

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page>

Helpline: 01473 265210

Activities Unlimited - provides short breaks and leisure activities to disabled children aged 0-25 in Suffolk

<https://www.access-unlimited.co.uk/activitiesunlimited>

Telephone number: 01473 260026

National Autistic Society - UK's leading charity for autistic people and their families

<https://www.autism.org.uk>

Helpline: 07795 238778

Suffolk Parent Carer Network: SPCN is a network of parents and carers of children with additional needs and/or disabilities. They are offering support to Suffolk parents online and over the phone, have a support page <<https://spcn.org.uk/parent-carer-support/>> and are sending out free Family Support boxes to families of children with additional needs up to the age of 25.

Call: 07341 126455

Visit: www.spcn.org.uk

Email: admin@spcn.org.uk

Anna Freud National centre - for children and families - a child mental health and treatment centre

<https://www.annafreud.org>

Helpline: 0207 7942313

Booklet of mental health resources for children, young people and families

https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-09_mental_health_resources_v3.pdf

USEFUL INFORMATION



Leading the fight for a future where all young minds are supported and empowered whatever the challenges. Working to improve the emotional health and well-being of children and young people in the UK.

<https://youngminds.org.uk>

Parent helpline: 0808 8025544



Mind empowers people to understand their condition and the choices available to them, through an info line which offers callers confidential help.

<https://www.mind.org.uk/>

Infoline: 0300 123 3393 Mon – Fri 9am 6pm Text: 86463

info@mind.org.uk



SENDIASS provide unbiased information and advice about the local authority's policies and procedures and about the policy and practice in local schools and other settings.

Helpline: 01473 265210

<https://www.suffolksendiass.co.uk>



Support for **parents/carers PACT** offer free, confidential support, including information and advice to any adult worried about the emotions, behaviour or mental health of a child or young person. We offer a safe environment to support with no judgement.

<https://www.parentsandcarerstogether.co.uk>

Contact Support line: (07856) 038799



A consultation helpline for emotional wellbeing and mental health issues relating to children and young people.

<https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/> Call 0345 600 2090, available Monday to Friday, 8am to 7:30pm.



Offers help and support to improve wellbeing and manage stress, low mood and anxiety. They aim to reduce the onset of mental health problems, prevent deterioration and promote recovery by offering a range of flexible services.

<https://www.wellbeingnands.co.uk>

Non-emergency contact number 0300 123 1503 9am-5pm



Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.

www.giveusashout.org

Text:85258

USEFUL INFORMATION

Useful Apps

Dragon in the Attic (8-12 years) - <http://dragon.me/play>

For me - <http://www.childline.org.uk/toolbox/for-me/>

Headspace - www.headspace.com

Moodometer <http://myhealthapps.net/app/details/363/moodometer>

Moodpanda - www.moodpanda.com

Moodscope (14 years +) - www.moodscope.com

Smiling Mind - <http://smilingmind.com.au/>

Get self-help - www.getselfhelp.co.uk

Mindshift <https://www.anxietybc.com/resources/mindshift-app>

Positive penguins (8-12 years) - <http://positivepenguins.com/>

SAM - <http://sam-app.org.uk/>

Rise up recovery warriors - <https://www.recoverywarriors.com/app/>

Suffolk
Family Carers
Living Fuller Lives

YOUNG CARERS INFORMATION & ADVICE

FUNDED BY SUFFOLK COUNTY COUNCIL

PHONE, EMAIL, ONLINE CHAT
WWW.SUFFOLKFAMILYCARERS.ORG

01473 835477

EMOTIONAL SUPPORT, YOUNG CARER NEEDS
ASSESSMENTS, ONLINE WORKSHOPS, SUPPORT AT
SCHOOL, SOCIAL MEDIA ACTIVITIES AND MUCH MORE

USEFUL INFORMATION

CORONAVIRUS UPDATE:

Organisations offering activities and support

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/results.page?coronavirushelp=2>

For local information go to Coronavirus Information

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=VbBYkG02Gz4>

Home But Not Alone phone line: 0800 876 6926,

or go to Community Action Suffolk

<https://www.communityactionsuffolk.org.uk/> to see how local groups can help isolated people.



HOW ARE YOU FEELING TODAY?

However you are feeling, you are not alone and there is someone who will listen and help you.

The Source
A website of information, advice and support for **young people in Suffolk**

www.thesource.me.uk/health

ChatHealth
Text a school nurse for confidential help.
 **07507 333356**
Available Mon- Fri, 9am - 4:30pm, excluding bank holidays


Live 1-1 chat
Free, safe, anonymous chat when you need it
 **kooth.com**
Available Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

#TOILETDOOR

The Emotional Wellbeing Hub
Get support if you or your friends are worried about an emotional wellbeing issue online or by phone.
 **0345 600 2090**
Available Monday to Friday, 8am to 7:30pm
www.thesource.me.uk/hub