



# 6 TIPS TO DIFFUSE A SENSORY MELTDOWN



## UNDERSTAND WHY THE MELTDOWN IS HAPPENING

Maybe the lights are too bright? Are there too many people talking? Was there a change in routine at the last minute? Knowing the cause of the meltdown will help you manage it better.

## STAY CALM

Getting upset is perceived as aggressive behavior. It also adds to your child's sensory overload. Try speaking to your child in a calm, soft voice.



## REMOVE DANGEROUS OBJECTS

When your child is having a meltdown, they do not have control. Try taking them to a safe, open space and remove all objects such as glass cups, silverware, or scissors. Just to be safe, monitor your child until the meltdown is over.

## HAVE AN "EMERGENCY SENSORY MELTDOWN KIT"

Maybe try: Noise canceling headphones, your child's favorite toy or stuffed animal, their favorite snack, and perhaps even a change of clean clothes.



## USE A WEIGHTED BLANKET

This Deep Pressure Therapy calms the nervous system by triggering the release of serotonin and dopamine. These "happy hormones" not only elevate mood, but give your child's brain the chance to organize sensory input.

## GIVE THEM TIME TO RECOVER

A sensory meltdown is very exhausting so your child will need time to recuperate. Whether they are in a sensory swing, or under a weighted blanket, let them come out of their retreat by themselves. Their nervous system will know when they are ready to socialize again.

