

# De-Escalation STRATEGIES



**Don't yell to be heard over a screaming child**



**Respect personal space**

**Calming Visuals**



**Validate their feelings, not actions**

**No judgement**



**Silence**

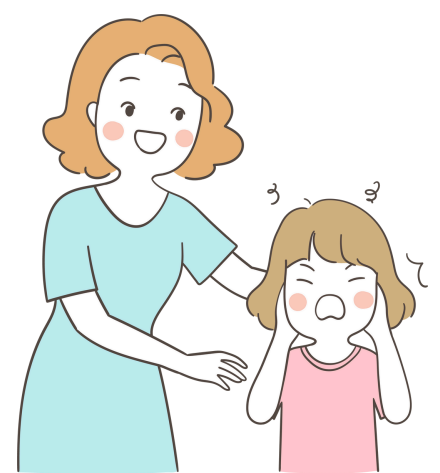
**Get on their level**

**Avoid the word "no"**

**Decrease Stimulation**



**Use a distraction**



**Be aware of your body language**