

8

Demand-Reducing Strategies

when your child is feeling angry



1

Plan When Calm

Create a plan with your child when they are feeling calm so it is ready to use when you need it. This can include a safe space like a den or bedroom area.

2

Spot Changes

Look for early signs of distress. These can be subtle, such as skin picking, withdrawing, a change in their body language or an increase in their usual behaviours.

3

Reduce Overwhelm

Create a calm environment. Turn down the volume on the TV or devices, move other people away, and turn off any bright lights.

4

Reduce Demands

Rather than telling your child what to do, draw their attention to the object it involves, e.g. "The door is open," rather than, "Go inside the house." The phrase "I wonder..." is also useful.

5

Self Check-In

Think about how you are feeling. Recognise your own emotions and consciously calm your breathing down if you are feeling distressed.

6

Keep safe

Think about how you can make things as safe as possible. Remove anything that could be dangerous and ask others to move away to give them space.

7

Create Space

Give them space, both emotionally and physically. Take a step back and relax your body language, reduce the amount you speak, and use a calm voice.

8

Reassure

After they've felt angry, tell them you love them and you understand what happened. Some children will be able to talk about what happened, but others will prefer not to.