

# "Helping Your Child Through a Meltdown – A Calm and Caring Guide for Children with ADHD and Autism".

## Helping Your Child Through a Meltdown

When your child becomes overwhelmed and spirals into a meltdown, it can feel like the world turns upside down—for them and for you. Children with ADHD and those on the autism spectrum often experience emotions more intensely, and their brains can struggle to process everything happening around them.

*A Calm and Caring Guide for Children with ADHD and Autism*

What You Can Do to Help Your Child Calm Down	Why It Helps
<b>1. One Calm Adult Only</b> Let one adult take the lead.	Too many voices can confuse or overwhelm your child.
<b>2. Stay Calm and Confident</b> Your energy sets the tone.	A steady adult helps a dysregulated child feel safe.
<b>3. Speak Slowly and Softly</b> Use short, simple sentences.	Simple language helps cut through sensory overload.
<b>4. Give Them Space</b> Physically and emotionally.	Avoids overstimulation and shows respect.
<b>5. Keep Relaxed Body Language</b> Move slowly and gently.	Your calm posture is more reassuring than words.
<b>6. Acknowledge Feelings First</b> "You're feeling really upset."	Validates their emotions before problem-solving.

<p><b>7. Praise Calming Moments“</b> That was brave, taking a deep breath.”</p>	<p>Reinforces calming efforts and builds confidence.</p>
<p><b>8. Make the Space Safe</b> Remove dangerous items or distractions.</p>	<p>Keeps everyone safe and reduces stimulation.</p>
<p><b>9. Encourage Sitting Down“</b> Let’s sit on the beanbag.”</p>	<p>Helps the nervous system settle.</p>
<p><b>10. Create a Calm Space at Home</b> Use a soft name like “Peace Corner.”</p>	<p>Gives your child a safe place to retreat and reset.</p>
<p><b>11. Use Their Special Interests</b> Talk about a favourite topic.</p>	<p>Redirects focus and creates comfort through familiarity.</p>
<p><b>12. Offer a ‘Calm Box’</b> Include fidgets, music, soft fabrics.</p>	<p>Sensory tools soothe and engage self-regulation.</p>
<p><b>13. End with Kindness“</b> You’re such a thoughtful girl.”</p>	<p>Reinforces your love and helps them feel valued.</p>

What You Should Avoid During a Meltdown	Why to Avoid It
<b>1. Don't Touch Unless Necessary</b>	Unwanted touch can escalate distress unless it soothes or protects.
<b>2. Don't Match Their Energy</b>	Your calm helps de-escalate, not more intensity.
<b>3. Don't Threaten or Punish</b>	Meltdowns aren't bad behaviour—they're overwhelming.
<b>4. Don't Try to Teach or Explain</b>	Logic won't land when the brain is in distress.
<b>5. Avoid Saying "No"</b>	Try redirection instead, which feels less harsh.
<b>6. Don't Talk About Consequences Now</b>	Save discussions for when they're calm and receptive.

### ♥ In Closing: You're Not Alone

Meltdowns are not failures. They're signals that your child's world feels too big in that moment. Your calm presence, soft voice, and gentle support are what they need most. With practice and patience, you'll both grow in confidence—and find your way through together.