

7 Ideas for De-Escalating: Supporting Safe and Compassionate Responses

Supporting safe and compassionate responses



Why De-Escalation Matters

Remain Calm

Speak in a neutral tone, relax your body language, and steady your breathing.

Maintain Safety & Space

Ensure the individual has personal space and move objects that could pose a risk to safety.

Reduce Amount of Language and Stimuli

Only speak to show compassion or to present choices. Decrease the environment's volume if applicable and keep objects and other individuals away.

Consider Function of Behavior

Understanding why the behavior is occurring can help determine the best course of action.

Show Compassion

Validate feelings: "You seem to be feeling frustrated," etc. Ask how you can help, if appropriate: "What can I do to help you?"

Offer Choices

Keep choices simple and clear. Offer two or three realistic and acceptable options.

Wait

The most important priority is to make sure the individual is safe and feels safe. Give them all the time they need to de-escalate.

Helpful links: [Our ABA therapy services](#) · [What Is Parent/Caregiver Training?](#) · [Handout: Functions of Behavior \(Attention and Tangible\)](#)

If big emotions are making daily life hard, you don't have to figure it out alone. GentleCare Therapy supports families in Gibbsboro, Camden County, and South Jersey. [Contact us today.](#)

Call (856) 484-5535 or visit gentlecaretherapy.com/contact-us

This handout is general education and does not replace advice from your child's care team.