

Recognise and protect

A meltdown is an involuntary response to overload, not bad behaviour. If there is immediate danger, move away from hazards and seek appropriate help.

My signs that overload is peaking...

The safest nearby place is...

Noise, light, touch, language or demands to reduce...

Use fewer demands

STOP non-essential questions and problem-solving. REDUCE sensory input and the number of people nearby. ALLOW safe movement, stimming, silence or crying. OFFER simple options: "Space or company?" "Water nearby?"

My preferred communication during a meltdown...

Do not...

Recover without shame

My body may need sleep, hydration, easy food, dim light and no debrief straight away.

The first recovery need is...

How others can help afterwards...

Later, one trigger or unmet need to notice without blame...

If meltdowns are frequent or unsafe, support I could seek...
