



Mustard Seed Autism Trust

De-escalation strategies

Reduce
verbal
language /
silence

Be aware of
your body
language

Give plenty of
personal
space

Get down to
the child's
level or lower

Any talking:
low volume
low pitch
slow pace

Validate their
feelings

Avoid making
demands

Calm
breathing
together

Calm
environment -
dim lights,
reduce noise

Use visuals to
communicate,
offer choices

Offer sensory
toolbox

Offer a
movement
break