



Stop, Wait, Go

FACTSHEET

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PLAN FOR DEALING WITH EMOTIONAL OUTBURSTS

Child's Name:.....

DOB:.....

STOP Behaviour: Extreme emotional outburst

1. Ensure all children are safe
2. Remove child or remove other children. (If this is to be a regular routine, it is worth drilling this response)
3. Choose the most appropriate consequence for the behaviour.

Offer Comfort

Reflect on what triggered the behaviour. Can this be avoided in future?

Wait for Calm/Try Stem statements

- "You are feeling really angry now"
- "I understand you are annoyed"

5 different stem statements that acknowledges their feelings will usually calm another person

Emotional coaching (only when calm)

See Fact sheet on Emotional Coaching

START Behaviour: Stay calm when things don't go according to plan

Positive reinforcement when the child controls the impulse. Or the outburst is of shorter duration, less intensity and meltdown free days. Say something like:

- "I noticed to controlled yourself when I said NO. That makes me so proud of you"

What you saw and how it made you feel.

Display this reminder so that you will remember your choices





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