

## How to support child based on their current emotional/frustration level

- If your child uses the self-monitoring 5-point scale this is a cheat sheet of how you can respond at each phase.

<b>Angry</b>	<ul style="list-style-type: none"> <li>- Model coping strategies but refrain from using direct eye-contact</li> <li>- Refrain from reprimands and any kind of verbal direction</li> <li>- Wait until calm before following through with any directions</li> <li>- Use a gesture prompt to go to a “cool down” area (the cool down area should be established ahead of time)</li> <li>-</li> </ul>
<b>Upset</b>	<ul style="list-style-type: none"> <li>- Model a calm body and monitor proximity to ensure safety</li> <li>- Continue to refrain from using verbal prompts</li> <li>- Refrain from giving unnecessary attention</li> <li>- Redirect to use coping strategies ( <i>i.e.:</i> <i>deep breaths, squeeze hands</i>)</li> </ul>
<b>Frustrated</b>	<ul style="list-style-type: none"> <li>- Offer choices</li> <li>- Redirect to communicate wants/needs and/or use replacement behaviors</li> <li>- Limit verbal prompts and maintain a calm and neutral demeanor</li> <li>- Utilize a First Then statement and remind him/her of what they are working for</li> </ul>
<b>Calm</b>	<ul style="list-style-type: none"> <li>- Positive Social Attention</li> <li>- Reward calm behavior with preferred items/activities</li> <li>- Proactively keep him/her occupied and engaged</li> <li>- Maintain a consistent structure in daily routine</li> </ul>
<b>Happy</b>	<ul style="list-style-type: none"> <li>- Deliver frequent positive social attention</li> <li>- Plan ahead</li> <li>- Priming / Frontload</li> <li>- Establish Motivation (use the token economy to set up something to work for)</li> </ul>