

An NVR informed approach to de-escalation

Behaviours you might see...

'Fight' behaviours:

Violence/ destruction
Hitting, kicking, biting, throwing, punching
Shouting/ screaming
Insults/ swearing

'Freeze' behaviours:

Complete refusal
Total 'shut down'
Appearing 'zoned out'

'Flight' behaviours:

Running away



Expressing rage

Opposition/ defiance/ argumentative

Non-compliance

Verbally unresponsive

Moving towards or away from what feels threatening

Increased swearing/ Insults

Stimming

Irritability

Fun/ joy/ laughter

Sociable

Seems relaxed & calm

'Shield against shame' Behaviours

Acting 'tough'

Defensiveness/ making excuses minimising, blaming

Lying/ confabulation

Withdrawal

Demanding/ Controlling

Excessive laughter

Involved in activities

Engaged in learning

Motivated

RED ZONE:
'Amygdala hijack' takes place triggering survival mode.

AMBER ZONE:
Heartrate increases in response to stress & fear/ danger is experienced. Thinking reduces

GREEN ZONE:
Optimal arousal & improved thinking.

De-escalation & safety first

Small basket only!

Look behind behaviour to help you respond to hidden needs

Adult self-regulation to maintain presence

Learn to identify when child is in amber. It is in this zone we can intervene before the behaviour is escalated into red.

Talk through the feelings & help child to understand them (running commentaries)

Use strategies in the green zone to help increase child's logical thinking & stop them going into the red zone.

Consistent nurturing & attachment informed practice

Unclass hands, adopt non-threatening positioning & body language, reduce words & give child space

Take long slow breaths

Co-regulate

Focus on shame regulation -the more you target the behaviours, the more the shield will go up

Good eye contact, warm expression, soothing voice

Relational gestures



Plan for what is effective to do when child is in the amber zone will ensure they don't reach the red zone.

Announcements

Speak *slow, low, low* (slow speech, low tone, low volume)

'Unite' with supporters

Autopilot statements

Allow time for recovery

"Fake it till you make it!"

'Rule of one'

Autopilot statements

De-escalation

Consider vigilant care

Relational gestures

Self-care

'Strike while the iron is cold'