

HOW TO DISTRACT YOUR HIGH NEED CHILD

Use these strategies to help avoid or stop meltdowns



ASK THEM FOR HELP



LEAVE ROOM BRIEFLY



OFFER FAVORITE TOY



LOOK OUT WINDOW



ASK TO BLOW HAIR



DON'T USE REASON



TICKLE



GIVE A CHOICE



USE SILLY VOICE



NAME THE FEELING



USE LOTS OF ENERGY



MOVE TO ANOTHER ROOM

