

Autism & Meltdowns

Here are some key tools that parents can implement to help limit the meltdowns for children on the spectrum. Understanding these tools can significantly improve your child's behavior.

Charting Meltdowns

Why chart meltdowns? It gives parents a method to consistently grasp how, when, and where the meltdowns occur. How does charting meltdowns help the child on the spectrum modulate their emotions?

- Identify consistent trends from their meltdowns
- Gives opportunity to implement Coping Mechanisms
- Understanding the deeper root of their meltdowns

Limit the Meltdown in Private Areas, Avoid Them in Public

An analogy for parents to remember:

Asking a child on the spectrum to hold their meltdowns brings a metaphoric example of them trying to hold their diarrhea within. Remember the longer they hold it, the bigger the explosion.

Video Tape the Meltdowns

Excellent teaching tool to share with kids on the spectrum for several reasons:

- The Video Tape speaks the truth
- Excellent tool for learning and growing
- Consistent tool for reminding and referring back to

Allow Your Kids to tell you ahead of time

For most of my lifetime, modulating my emotions became a challenge. However "warning" my mother about a possible meltdown occurring helped me tremendously in my overall maturity. How did foretelling my mother about a possible meltdown help in my overall maturity?

- Allows the Implementation of coping mechanisms
- Opportunity to articulate and/or express my emotions
- Helps minimize the meltdown

Beware of the Sensory Issues

For parents, please Beware of Sensory Issues. Every child on the spectrum will have a sensory issue. Most meltdowns are based upon sensory issues.

- Dealing with Noise
- Congested Crowds
- Out of their normal routine

Coping mechanisms to channel their emotions

For child on the spectrum, it is absolutely imperative to develop coping mechanisms in many facets:

- Healthier
- Development for Emotional Maturity to occur
- Keeps them out of further trouble

Remember not all Meltdowns are bad

We usually think all meltdowns are bad but all are not bad; actually some are beneficial to kids on the spectrum. Did you know some meltdowns benefit kids on the spectrum? How so?

- Healthier in comparison to bottling it up
- Opportunity for articulating and/or expressing their emotions

15-Minute Rule

Rule pertains to certain part of the day where child on the spectrum should be allowed to unleash their meltdown. 15-Minute Rule is the maximum amount time for kids on the spectrum to unleash their meltdown.

When are the best types for kids on the spectrum to unleash the meltdowns?

- After their day in school
- After their day at work
- Private areas