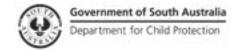
# **Escalation Cycle**

### How to identify patterns in the child's behaviour

### **Escalation Cycle (example)** John - 9yo What child is like: Calm **Triggers Escalating Survival mode De-escalating** Briaht Verv tense Stays tense for a Appearance Alert Physically tense Red face while Contact with mum Calm gaze **Tears** Yelling Chattv! Perceiving rejection Swearing Can't verbalise Screeching **Fortnite** by others Abrupt/agitated feelings or Verbally Swearing Pokémon speech style apologise for at Disjointed **Denied something** Sports "I'll kill them" least one hour sentences he really wants Hitting, kicking Play sport Pacing Hiding in cupboard Taken where he **Biting** Actions Run around Playing games on Stomping doesn't want to go Destroying items The floss dance Damaging property phone Targeting sister When anyone Impulsive mentions "the old Quiet, tired Joking around Controlling Unable to control house" Demeanour Easily re-triggered Energetic Threatening body for some hours Shaking To build safety: Calm Survival mode **Triggered Escalating De-escalating** Reassure he's not Calm voice Stay attuned Attuned Model calm in trouble Lower body Checking in with Change topic movements Use humour In the child's mind position if safe facial cues Lower voice Chat about Narrate what's Tight hugs Close attention Touching is helpful children's pop happening preferred media Offer dark quiet Look for ways he 8pm bedtime Move to different environments Reduce lights can cover his face routine In the environment Water with ice space Have contact in Blow bubbles if he wants Routines on hold Screen time with park if possible Find water carer ok Other adults Suggest the spare Allow John to go Remove children should avoid Highlight strengths room discussing to spare room if Remove unneeded With other adults Support worker to Allow 2 hrs before families/mums he asks adults (teachers, etc.) assist any apologies or Reassure "no" Narrate what's Allow time away Offer phone call reparations isn't personal happening from action with carer rejection Keep him close Reassure this Soothing voice Keep him close Use humour Narrate his changed nothing in In the relationship Validate how he Narrate his actions Indirect affection responses the relationship might feel Validate feelings Highlight strengths Validate feelings







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