



Pyramid PIECES Behavior Support Network: Reframing Challenging Behaviors Series 6.0



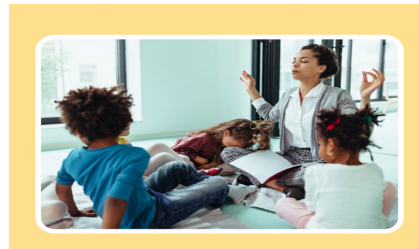
Neutralizing Routines



When little people are overwhelmed by
BIG EMOTIONS,
it's our job to share
OUR CALM,
not to join their chaos.

- L.R. Knost.

toddlerapproved.com



Behavior Support Network
YouTube Video Link:
[Neutralizing Routines](#)

Connection Point:



Create a space between the child's behavior and your response. Use this gap to regulate yourself before you respond to the child.



Respond to the child VS reacting to the behavior. Ask yourself what the child is trying to communicate through the behavior.



Help the child feel safe by providing a calm response that has empathy for the child's feelings.



Plan ahead for how you want to respond to behavior and use visual supports to remind yourself what to do when your hot buttons are pushed.

Tips for Supporting the Village

At Home Connection:

Help a child feel safe and understood by labeling their feelings. A child is more likely to stay calm, listen, and receive your help when they know you understand how they feel. This opens the door for teaching them the social or emotional skills they still need to develop.

Related Resources & Links

[Developing a Neutralizing Routine visual resource from NCPMI](#)

[Neutralizing Routines video by Downs & Maki](#)