

RESTRAINT COLLAPSE

Positively
PARENTING



What is it?

- An emotional release from restraining oneself or 'holding it all in' for a significant period of time
- Takes place with the person the child feels safest with - usually primary carer when child has no capacity left for coping
- More prevalent (but not restricted to) neurodivergent and sensitive kids aged 4-12
- Can also present in adults (snappy, easily angered etc)
- It is **NOT UNDER THE CHILD'S CONSCIOUS CONTROL**

What does it look like?

- Meltdowns
- Crying at 'small things'
- Fighting and arguments between siblings
- Lack of impulse control or risky behaviour
- Defiance or refusal to do things
- Regressions (inability to do anything for themselves)

How can we help?

- Meet physical needs (food, drink, toilet, clothing)
- Create decompression time
- Reduce pressure - this is not the time to ask questions!
- Empathy and co-regulation
- Laughter every day and regular special time
- Welcome all emotions
- Predictability



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