

Red Zone Support



Self Talk - “ Sometimes, I will need to remain calm when my child is feeling angry, scared or over excited. It is best to think ahead and plan how I can react during these times. ”

Signs that my child is moving towards the red zone.

How do I stay calm when my child needs support?

What can I say to them to help them feel safe and supported during this time?

What do I need to do to help my child when they reach their behaviour peak?

What are the signs that my child is recovering from their behaviour peak?

How can I use my words to reassure my child and re engage with them?