

Strategies to Stop a Meltdown at Stage 2

In the last newsletter I discussed three stages of a meltdown. In the 2nd stage as the anxiety builds people with an ASD seek repetitive movement or actions to calm. Often, by providing the appropriate repetitive sensory tool you can quickly calm and prevent the meltdown escalating. The key to make it calming is it needs to be REPETITIVE, the over and over again is the magic calming formula. It is important to identify “what” calms each person, of course this can change and you will need a RANGE of activities.

For children who seek movement, the fidget toys like the wooden massager with the ball that can be moved around and around are wonderful.



For children who seek visuals, the new liquid timers are magic. Giving a child a liquid timer to watch allows them to focus on a soothing repetitive visual.

We have had the 15 second timers for a long time, but I have finally found a large 12cm 3 minute timer with wheels and drips. Even better a DOUBLE liquid timer which I had never seen before.