



01. Try your best to stay calm and not take it personally.

While your child or young person's response might seem extreme, they are genuinely not coping in this moment.

Ask yourself what might be making the task(s) difficult. Anxiety, sensory overload, executive functioning difficulties, perfectionism, fatigue, burnout, or emotional overwhelm are often contributing factors.



02.



Prioritise calm connection.

We are more able to cooperate when we feel safe, understood, and regulated.

This means being a calm, steady presence while they are upset and not trying to rush, fix, or reason with them in this moment.

03.



Reduce pressure.

Not everything is urgent. Less requests, reminders, correcting, or power struggles can help lower overwhelm and defensiveness.

Support autonomy.

Being flexible, offering choices, working together, or even some well-timed light-heartedness or play, can help.

04.

