



ISSAQUAH SCHOOL DISTRICT

Para Professional Development Bundle
Topic: De-escalation Tips
Length: 1 Hour

TOPIC INTRO

In this bundle we will discuss ways to respond to an escalation and give some tips and tricks on how to avoid power struggles. It will offer some new phrases in response to students who are escalated or trying to engage in a power

Bundle Resources

Safeschools: *De-escalation strategies* (30 minutes)
Tips Sheet: *Power needs* (5 Minutes)
Tips Sheet: *How to Respond* (5 Minutes)
Article: *13 ways to Avoid Power Struggles* (20 Minutes)

Safeschools
[Click here](#)
To start

Power needs
[Keep Scrolling](#)
To Read

Article
[Click Here](#)
Read

How to Respond
[Keep Scrolling](#)
To Read

How to Respond to “Misbehaviors”

Common worried behaviors and how to help

What you See	How to respond
<p style="text-align: center;"><i>Sensitive Behavior</i></p> <ul style="list-style-type: none"> • Cries over the smallest things • Gets sad when you leave • doesn't like being alone • Can't watch super sad movies 	<ul style="list-style-type: none"> • Get down on the child's level • Say “I notice your are crying, can you tell me about your worry?” • Try using visual schedules so they can see the time passing • Prep the child before the potential trigger.
<p style="text-align: center;"><i>Angry Behavior</i></p> <ul style="list-style-type: none"> • Yells and Screams often • Throws things and is destructive • Crosses arms and shuts down • Shouts “I hate you” or “Go Away” 	<ul style="list-style-type: none"> • Don't take the anger personally • Remind your child of limits” you may not throw the ball, you may (give reasonable alternative) • When you child is not upset slowly introduce a new calming strategy (deep breathing, ect.) • Work on emotion coaching, to help the child recognize own triggers.
<p style="text-align: center;"><i>Perfectionist Behavior</i></p> <ul style="list-style-type: none"> • Nervous about breaking the rules • Can't handle getting things wrong • Doesn't ever want to miss school • Scare of answering things wrong • Struggles with constructive criticism 	<ul style="list-style-type: none"> • Help the child recognize when they are using “thought monsters” to only see the negatives • Help the child connect thoughts and actions using words like, “I know you feel..., what can we do about that?” • Create a journal for them to express their worries.
<p style="text-align: center;"><i>Shy Behavior</i></p> <ul style="list-style-type: none"> • Hides behind legs • Scared of new people • Fearful of change • Doesn't like going new places • Prefers playing with “familiar” friends 	<ul style="list-style-type: none"> • Make visual reminder of transitions and change • Reassure the child that it is ok to be “nervous” about new things • Introduce new adventures slowly with repeated exposure • Role play what could happen with a new person
<p style="text-align: center;"><i>Over-Excited Behavior</i></p> <ul style="list-style-type: none"> • Becomes hyper • Says inappropriate things around others • Makes jokes at inappropriate tiems • Jumps on furniture • Plays rough with others 	<ul style="list-style-type: none"> • Create a chart to help the child gauge their activity level • Present the child with a toolkit of calming strategies and role play using them • Bring your child's excitability to their attention “I notice you are ..., Why don't we try... “

Rethinking Power Needs

Power is **not** like a remote control where only one person has all the power and control.

Power is **like** a candle, you can give power without giving away any of your own power.

Kids don't want your power, they want their own.

Richard Lavoie

When a student feels they have **power with** the adults as well as **power within** themselves they'll have less need to seek **power over** others.

A New understanding of Power can help with this
" See a Child Differently...
See a Different Child"

-Stuart Shanker

6 Ways to Help kids meet their Power needs

1. Offer choice, not orders
2. Give responsibility
3. Start with strengths
4. Express interest rather than praise
5. Ask for their opinion
6. Ask for their help

6 points to remember

1. Avoid power struggles
2. Avoid making threats
3. Growing power needs are a healthy part of child development
4. Respect boundaries
5. The Rules (not the adult) should be obeyed
6. Reflect on your own need for power and control.

" Reality is that no one wins a power a struggle" - Ross Greene