

Meltdowns & Shutdowns in school

Possible triggers:

- Sensory overload including:
 - ◆ Bright lights
 - ◆ Loud noises
 - ◆ Sudden noises
 - ◆ Certain pitch of noise
 - ◆ Strong smells
 - ◆ Temperature
 - ◆ Touching certain textures
- Anxiety
- Change to routine
- Fatigue
- Social situations
- Transition between activities

Strategies:

- Get to know the child by:
 - ◆ Listening to child
 - ◆ Communication with home
 - ◆ Create a pupil profile
 - ◆ Create sensory profile
 - ◆ Assessment of sensory stimuli
- Reduce sensory stimuli
- Give a comforter or fidget toy
- Ensure child is safe
- Be calm and reassuring
- Don't make demands
- Don't punish child
- Give the child time



Things to remember:

- Be proactive rather than reactive
- A meltdown is out with the child's control
- Some autistic children will shutdown instead of a meltdown
- The child might need help to regulate again
- All behaviours from children are communication