



S.A.F.E.T.Y.

When a child's behavior feels unsafe, your calm is the first step toward theirs.



SLOW DOWN

Slow down and take a breath.



ACKNOWLEDGE

Acknowledge what the child is feeling and experiencing.



FOCUS

Focus on safety first.



EXPECT

Expect big feelings to look big.



TEACH

Teach regulation and coping skills when things are calm.



YOUR RELATIONSHIP

Your relationship is the intervention.