

WHEN THINGS ARE ESCALATING

A one-page pause plan for the next safe step

Safety first

Move people and unsafe objects away if you can do so safely. Use fewer words. Lower your voice. Offer one safe choice. Do not lecture, argue, threaten, or demand an apology during peak distress.

Try one short sentence:

“I will not let anyone get hurt. I am nearby. We can talk later.”

Emergency boundary

If someone is in immediate danger, use local emergency services. This page is not an emergency plan, risk assessment, or replacement for professional support.

My early warning signs and my next safe step

CALM CHOICES

Choose options that are safe, realistic, and available in this home

Use after bodies are calmer

These are choices, not rewards or punishments. Let the child choose when possible. Keep only what is safe and helpful for your family.

☐ Water or a snack	☐ A quieter space
☐ A blanket or comfortable clothing	☐ Music or silence
☐ Drawing, building, or reading	☐ A short walk with an adult
☐ Wall pushes or gentle movement	☐ Sitting nearby without questions

Our calm choices to add

ADULT RESET

A short check-in before the next response

This is not about being perfect

The aim is to create enough pause to act safely and clearly. If you may hurt someone, cannot stay in control, or the situation is dangerous, use local emergency or urgent professional support.

- ☐ Am I safe enough to stay close?
- ☐ Do I need another adult, distance, water, food, medication, or a brief pause?
- ☐ What is one small next step that lowers risk?
- ☐ What can wait until everyone is calmer?

My one small next step

IMPORTANT CONTACTS

Fill this in before you need it

Local information only Emergency numbers, child-protection routes, health services, and family support differ by location. Add the current contacts that apply where you live.	
Local emergency number	Name: _____ Phone: _____
Child safety or safeguarding	Name: _____ Phone: _____
Health or crisis advice	Name: _____ Phone: _____
Local family support	Name: _____ Phone: _____
Safe adult	Name: _____ Phone: _____