

Our plan for difficult moments

Prepare this with your child and the adults who support them, using communication that fits. Adapt it with their clinician. This worksheet does not teach restraint or replace an individual safety plan.

Before: notice and prepare

Early signs or situations we want to understand:

- ☐ Supports my child accepts, and things they dislike: _____
 - ☐ A quieter place / exit route / adult responsible: _____
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During: use the agreed safety plan

Person to contact for help:

- ☐ Reduce nearby hazards and unnecessary noise or demands where possible.
 - ☐ Use brief, calm communication; offer space or company according to their needs.
 - ☐ Follow the individualized plan for any specific safety response.
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After: allow recovery

- ☐ Offer familiar supports and time; do not assume a fixed recovery period.
 - ☐ When ready, note what happened, what helped and what added discomfort.
 - ☐ Discuss recurring difficulties or possible pain/illness with the clinician.
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Agree together

What we tell other caregivers / when we review this plan:

Urgent help

Immediate danger: call 911. In Quebec, Info-Santé 811 option 1 offers non-urgent health advice. In Nunavik or Cree Territory of James Bay, use your local health service.