## **INCREDIBLE 5 POINT SCALE**

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A parent's guide to understanding and supporting their child during a meltdown.

"With ASD, when they stress...they regress"

Fight/Flight/Freeze-Peak Anger/Anxiety **ALL CHILD'S BEHAVIORS ARE REACTIONARY** PARENT: PROVIDE SILENCE AND SPACE Silently protect child and continue to model calming strategies LEVEL 5: Developmental Age = adjust expectations accordingly Fight/Flight/Freeze starts here! CHILD WILL HAVE NO ACCESS TO LEARNED KNOWLEDGE OR SKILLS. CHILD WILL NOT BE ABLE TO REASON, MAKE CHOICES OR PROBLEM SOLVE. PARENT: MODEL CALMING STRATEGIES. Too late for prompting, redirection, reasoning or talking of any sort. LEVEL 4: Developmental Age: \_\_ adjust cognitive and behavioral expectations accordingly Frustration! CHILD'S ACCESS TO LEARNED COPING SKILLS DETERIORATES QUICKLY. **PARENT: PREDICT/PRIME** 3 3 Use data from ABC charting to predict stressful situations. Practice ahead of time to prime for success. LEVEL 3: Developmental Age = adjust cognitive and behavioral expectations accordingly Irritation starts to sneak up..... This is when first signs of stress need to be recognized. CHILD'S ACCESS TO LEARNED COPING SKILLS STARTS TO DETERIORATE HERE. PARENT: ABC CHARTING. Use VISUAL PROMPTS from here on up the scale. 2 Keep ongoing ABC data. Provide visual prompts for to increases success in using learned coping skills, while in the moment. LEVEL 2: Developmental Age = adjust cognitive and behavioral expectations accordingly

## **Calm and Relaxed**

This is where positive relationships are built and skills needed to function successfully during challenging situations are taught.

5 point scale, social stories, calming skills, social skills, social debriefing, social priming, CBT

ANCHOR AND GENERALIZE SKILLS VIA REPITION, CONSISTENCY, VISUAL SUPPORTS AND PRACTICE ACROSS MULTIPLE ENVIORNMENTS

LEVEL 1: Actual age=\_\_\_Developmental Age=\_\_\_