

STEPPING STONES  
creating pathway store covery and resilience



**My child is aggressive,  
what should I do  
in a crisis?**

## Traffic light: Aggression

Stay alert:	Take steps:	Emergency:
My child is getting more and more angry over time, what should I do?	My child is getting into trouble with their anger outbursts, what should I do?	My child is aggressive and out of control, what should I do immediately?
Stay calm and ask your child if they would like to talk?	Stay calm and be supportive, kind and understanding. Listen and make them feel they are not alone	Stay save, even if this means romoving yourself. Call emergency services and keep talking to them till they arrive
Ask them what they are feeling or what happened to make them feel like it?	Ask if they would like to talk to someone	If you are with your child – keep calm and remember Less is More. Speak less and just have a calm presence. Too much talking will confuse and anger your child more
They may need to calm down when they are angry before they can talk.	Remember not to try and talk when they are having strong feelings, they will need to calm down first. When they have strong feelings, they may need some space just to calm down	Remove anything dangerous from the vacinity
Don't get angry, anxious or defensive, stay calm and let them know you would like to understand and help and that you do not judge them	Contact your GP and ask for a referral to CAMHS or private child and mental health specialist	If you or other members of your family are at risk, call the police
Young people can find it hard to manage strong feelings – this is normal	If your child is reluctant to attend the appointment, then attend it yourself	



## Resources to help prevent crisis:

- Anger management record which you and your child can discuss at the end of each day (See below)
- Contact the practice manager in Stepping Stones clinic to get our “Coping Skills for Emotional Emergencies App” that your child could download to help him/her cope

Anger management record:

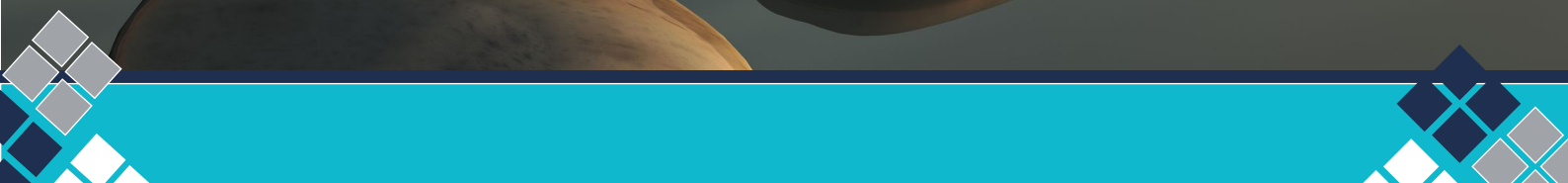
<https://www.minded.org.uk/families/course/assets/df31f0fdcbb89e0275c368439adb6abee8b0e4d.pdf>

## Stepping Stones clinic: Who we are

Stepping Stones clinic is a mental health clinic for children, young people, young adults and families. We offer a range of assessments and interventions that are all delivered by highly experienced clinicians. We have a multidisciplinary team of child psychiatrists, perinatal psychiatrists, clinical psychologists, family therapists, occupational therapists, speech therapists, child psychotherapists, dieticians as well as community paediatricians.

All our clinicians are registered with their regulatory bodies. All our interventions are

based on the latest evidence. We are regulated by CQC and contracted into all medical insurances. We provide a world-class service. We monitor progress and improvement throughout every treatment delivered to ensure high quality outcomes. We work in partnership with families and their children. Every person gets a tailor-made treatment package and we aim to offer appointments and deliver treatment as soon as they are received at a time that will suit each family.



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