

SHARE WITH YOUR PARTNER, TEACHER, OR THERAPIST

Written Itinerary

A one-page plan that keeps every adult on the same map. Everyone reads. Everyone responds the same way.

Who this child is at their best

What sets off the storm

- Trigger 1: _____
- Trigger 2: _____
- Trigger 3: _____

The response we all agree on

1. Name the feeling. Don't argue the facts.
2. Lower your voice below theirs.
3. Offer body-first help (water, movement, quiet corner).
4. Problem-solve AFTER the calm, not during.
5. Repair within 20 minutes.

What NOT to do

- No consequences during the storm.
- No lectures during the storm.
- No new demands during the storm.
- No shaming after the storm.

Signals that mean we need help

Any of these = pause and text the family group chat: aggression that risks injury, self-harm words, dissociation lasting >10 min, or refusal of food/water for a full day.

Signed by the care team:

Parent 1: _____ Parent 2: _____

Teacher: _____ Therapist: _____