

# De-escalation Tips for Pediatric Agitation



**PEAK**  
Pediatric Education  
and Advocacy Kits

Manage the Environment	Use Behavior De-escalation Techniques	Use Calming Interventions
<ul style="list-style-type: none"><li>• Remove dangerous objects and equipment</li><li>• Monitor patient in a safe space with dimmed lights, minimize noise</li><li>• Decrease sources of stress, stimulation, including family or caregivers as required to reduce patient triggers</li><li>• Avoid overuse of medications, physical restraints, and security personnel</li></ul>	<ul style="list-style-type: none"><li>• Respect personal space</li><li>• Listen to patient and caregiver</li><li>• Keep neutral tone and body language</li><li>• Establish concise verbal contact</li><li>• Avoid provocative actions and words</li><li>• Identify wants and feelings</li><li>• Offer choices and optimism</li><li>• Reward cooperation</li></ul>	<ul style="list-style-type: none"><li>• Listen to patient, validate distress</li><li>• Address needs (e.g., food or drink)</li><li>• Use distraction (e.g., safe activity, food, warm blanket)</li><li>• Explain what to expect in ED, next steps, provide updates</li><li>• Debrief patient and care team</li></ul>



**Remember that long hair, jewelry, necklaces, stethoscopes, and ID badges hanging around your neck can be a potential safety risk when interacting with an agitated patient.**



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