



Connecting the pieces. Guiding the next step.

# Calm & Regulation Guide

Simple strategies at home  
to help your child find  
calm and feel safe.



# When Does My Child Need Calm Support?

Look for signs like:

- ✓ Irritability or crying
- ✓ Difficulty focusing
- ✓ Running around or restlessness
- ✓ Covering ears or aversion to sounds
- ✓ Meltdowns or strong emotional reactions



# Reduce the Sensory Load

Sometimes, less is more.



Soft  
lighting



Lower  
noise



Fewer  
toys



Calm, tidy  
space



Neutral  
colors

# Movement Helps Regulate the Body

Movement is not “energy”  
it’s regulation.



- ✓ Jumping
- ✓ Swinging
- ✓ Pushing
- ✓ Carrying
- ✓ Heavy work

## Simple idea:

Take a short, quiet walk together.  
Sometimes, movement can be the path back to calm.

# Deep Pressure

Deep pressure brings comfort and calm



Hugs  
Weighted blankets



Pillow or blanket sandwich



Squeeze, press,  
or heavy work



It helps their body feel safe.

# Breathing & Calming Activities

Simple tools that really work.

- ✓ Deep belly breaths
- ✓ Blowing bubbles
- ✓ Counting slowly
- ✓ Squeezing a ball
- ✓ Calm music



# Create a Calm Corner at Home

A small space where your child can go to reset.



Soft  
cushion



Books or  
fidgets



Visual  
calm cards



Noise-  
cancelling  
headphones

# Visual schedule

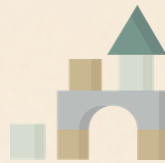
A visual schedule reduces anxiety and increases understanding.



First



Then



Next



All done



Tip: Use pictures to show what comes next.



# Emotion words

Help your child name what they feel.



Happy



Sad



Angry



Nervous



Tired



**Tip:** Naming emotions helps them get smaller.



# Simple routine ✨

A predictable routine brings comfort and security.



Sleep



Meals



Play



Bath

Kids feel calmer when they know what to expect.



# Stay close

Sometimes, your presence  
is all your child needs.



Stay close, stay calm,  
they will feel it.



# What to Avoid During Meltdowns



- ✗ Too many questions
- ✗ Raising your voice
- ✗ Forcing eye contact
- ✗ Saying "calm down" repeatedly
- ✗ Crowded or noisy spaces



# What Helps Most

Think connection, not correction.

- ✓ Stay close
- ✓ Lower your tone
- ✓ Offer choices
- ✓ Validate their feelings
- ✓ Give time and space



# Remember, It's Not You

Your child's reactions are not misbehavior, it's their nervous system trying to cope.

**Small steps.  
Big impact.**



# You Are Doing Better Than You Think

Consistency, patience,  
and presence make  
the biggest difference.



*One calm moment  
at a time.*





Connecting the pieces. Guiding the next step.



Supporting children and families  
through understanding, connection,  
and sensory-aware care.

