

## How can I help at home?

### Top strategies for helping your child to calm.

#### Who?

Provide opportunities for the child to have one on one time with the people they are attached to.

- spending time together doing the calming activities
- having nurture time e.g. playing a game, chatting having a drink, sitting reading stories together. Having special time will help the child regulate.

#### Where?

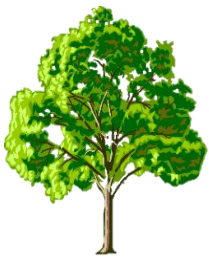
- cosy corner in the nursery/school/home where you won't be continually interrupted.
- low stimulation space
- access to outside
- lighting that is not too bright and ensure that the temperature in the area is not too hot or too cold.

#### When?

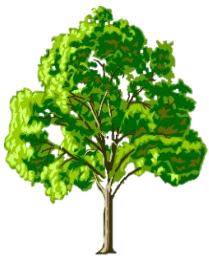
- several times throughout the day at home and at school
- when they show signs of becoming dysregulated
- before activities that she/he may find challenging as this may help to calm in preparation
- at times when you are not going to be called upon to do other things so you can give your full attention.

#### Activities to try – these are just a range of ideas that can help!

- Trampoline
- Pushing & pulling objects
- Crawling & climbing



- wrapping up tightly in a blanket (if tolerated)
- Bear hugs (on child's terms)
- Songs that include joint traction (e.g. row row your boat)
- Rough and tumble play
- Crunchy/chewy snacks
- Drinking through a straw
- Animal walking
- Hide & seek
- Repetition of songs and movement
- Sitting on a gym ball
- Hand/arm massage
- Drawing whilst lying on stomach
- Cutting out thick cardboard
- Time in a quiet space with light up fidget toys
- Having a hot chocolate
- Move n' sit cushion
- Holding on to and hanging from a bar
- Park apparatus
- Wheelbarrow walking
- Gym ball massage
- Rice/pasta play
- Sand/water tray
- Pop up tent/tunnel



- Yoga positions
- Weighted bean bag toy
- Wall push ups
- Star jumps
- Finger painting
- Weighted rucksack
- Fidget objects
- Playing sports
- Weighted blanket
- Bike riding
- Scooter board