IDEAS FOR FAMILIES TO HELP CHILDREN FEEL CALM AND SECURE

(posibilities are endless and each child and family is unique, so discover the ones that fit best for you and your child)

Attunement and Attachment Activities, Noncompetitive Games

Blow bubbles, or feather, or tissues in the air
Measuring – measure child's height, weight and more
Silhouette – outline child's body on large paper, child can fill in the rest, talk about strengths
Balloon play
Blanket swing – two adults gently swing child in blanket
Sing songs together
Blow you over – child blows hard until parent (sitting)"falls" over, Then reverse
Gentle rough housing on carpet or pillows
Watching for, counting, naming objects (red cars, birds, airplanes etc)

Sensory Activities

Water play
Sand, snow, mud
Playdough
Finger paint with shaving cream, pudding
Smelling, tasting
Cooking
Massage Lotions

Calming Activities

Calming music and songs
Read a book together
Deep breathing
Creative activities
Soothing touch, massage, lotions
Quiet areas, personal hideouts
Comfort items (blanket, special toy, stuffed animal)
Predictable and nurturing routines
Watch the stars, ocean, wind, clouds
Quiet time together
Hugs and snuggles
Relaxation exercises
Swimming, walking

Healthy Habits

Sleep
Fun, humor, laughter
Good nutrition, eating habits
Sharing ideas and listening
Positive messages, affirmations
Stories about family, past events
Stress management
Exercise
Creativity

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