Better Parenting

A Calm-Down Space

Create a personal calm-down space your child can use when needed.

Helps Your Child Grow

Emotional & Behavioral Self-Regulation

A familiar calming space gives your child a place to name a feeling, choose a comforting activity, and practice settling when emotions feel strong.

Steps

- Use a play yard or another secure boundary to create a small calming space. Gather a few comforting items, such as a favorite stuffed animal, blanket, picture book, drawing pad, and washable crayons.
- Let your child choose stickers, soft lights, or other decorations, then choose which comforting items to place inside.
- Create a story together: A little rabbit falls down. Even after the scrape is bandaged, she is still upset and keeps crying. Deep breaths have not helped yet. What else could she try?
- Invite your child to suggest the calming space. Take the rabbit there together and try looking at a book or hugging a favorite stuffed animal.

Tips

- When your child is having a strong emotional reaction and needs to settle, go to the calm-down space with them and help them choose an item that feels comforting.

Observations

○ Invites the little rabbit to the calm-down space and suggests ways to feel better

○ Comforts the little rabbit with a hug