

TAKING CARE OF OUR CHILD'S NERVOUS SYSTEM:

Try to think of each of your child's senses & write the things that you notice feels good to their body in regards to that specific sense & regularly try to provide their body with the following:

1. **EYESIGHT** (Ex: exploring mixing paint or crayon colours): _____
 2. **HEARING** (Ex: Listening to a story): _____
 3. **TASTE** (Ex: Drinking an iced smoothie): _____
 4. **TOUCH** (Ex: Playing with sand): _____
 5. **SMELL** (Ex: Smelling greenery or flowers outside): _____
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- **BODY MOVEMENTS** (Ex: walking, being rocked, going on a swing) _____
 - **Releasing EMOTIONS** (Ex: colouring how we feel or journalling): _____

Emotions are in the body, so body movements help children release their emotions.

EMPOWERING OUR CHILD TO REGULATE THEMSELVES ON THE ACTUAL MOMENT:

Things we can discuss with them to try doing to help themselves through their discomfort.

- Breathing
- Asking for help
- Hitting a pillow instead of a person
- Stomping our feet instead of kicking things around
- Using our senses
- Drink water / water on face
- Self validation & empathy
- When we have the urge to yell: try doing the opposite by whispering or yelling something unrelated like "banana chocolate chips!!!"
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