



Calming Activities

When a child becomes overly excited or is “overly-responsive” to the environment, calming activities combined with reducing the amount of environmental stimulation may reduce the child’s activity level. The following suggestions may be useful in quieting your child.

- ◆ Reduce the noise level in the room, including the volume of your own voice by talking in a whisper.
- ◆ If possible, dim the lights, or pull the shades/blinds.
- ◆ If possible, slow down the movement and activity in the room.
- ◆ Provide something to suck on such as a pacifier, sucker, ice pops/popsicles, milkshake through a straw, etc.
- ◆ Swing slowly back & forth
- ◆ Rocking slowly in a rocking chair or a rocking horse
- ◆ Warm water play
- ◆ Cuddle in a soft blanket
- ◆ Firm back rub or massage
- ◆ Read a story.
- ◆ Listen to soft, soothing, relaxing music.

Reference: *The Out of Sync Child* by Carol Kranowitz, M.A., Skylight Press, NY., 1998.