

# Waiting Kit

Children can have difficulty with waiting or sitting still for any length of time. A waiting kit may be a helpful tool to keep your child occupied.

Suggested items:

- Chewy candies, gum, suckers or other snacks
- Silly Putty
- Small fidgets
- Stuffed animal
- Hand lotion
- Stretchy toys
- Lacing card with yarn/string
- Earplugs/Headphones
- Bottled drink
- Coloring books/mazes/activity books with writing utensils
- Reading/picture books

It may be helpful to leave the bag in your car so the items are new and exciting each time they get to use it and the bag is readily available when needed.