

Aug

Sep

Oct

Nov

Dec

Jan

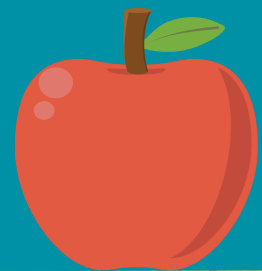
Feb

Mar

Apr

May

Resources



Quick and Easy



Behavior

Interventions



Aug

Sep

Oct

Nov

Dec

Jan

Feb

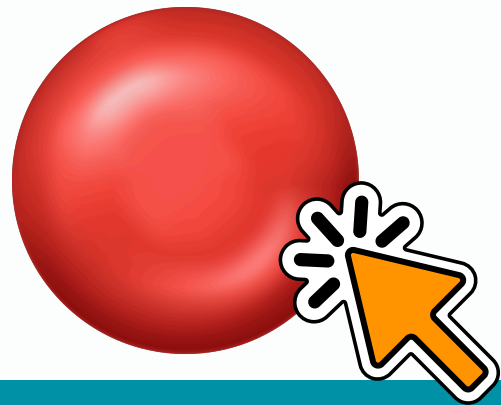
Mar

Apr

May

Jun

Jul



## At-Home Calming Space

Having a calming space at home gives children a safe place to manage their emotions and take a break when they feel overwhelmed, frustrated, or tired. It helps them learn healthy ways to calm down instead of acting out, and it teaches important self-regulation skills they can use for life. A calming space also promotes a peaceful home environment by giving kids a quiet spot to reset before rejoining family activities. It's a simple, nurturing way for parents to support their child's emotional well-being and independence.

For more information click the red button.

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Resources

## How:

- **Choose a Quiet Spot** – Pick a small, peaceful corner or nook away from noise and distractions.
- **Add Comfort Items** – Include pillows, blankets, bean bags, or a favorite stuffed animal.
- **Include Sensory Tools** – Fidgets, stress balls, weighted items, playdough, calming music, or a soft light.
- **Create a Calm-Down Toolkit** – Keep coloring books, puzzles, journals, or visual cue cards handy.
- **Teach How to Use It** – Explain it's a safe place to reset, not a punishment, and practice together.
- **Personalize the Space** – Let your child decorate with colors, drawings, or photos to increase ownership.
- **Keep It Simple** – Focus on calm, not clutter, and rotate items to keep it engaging.

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Jun

Jul

## Additional Resources

- Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

- Western Tidewater Community Services Board

