



CALMING
SENSORY
EMERGENCY
Kit

MODERNPARENTINGHUB.COM



Calming Kit

Life isn't always predictable, and there will be times when it's just not possible to avoid triggers and redirect your child's behaviour before a meltdown happens.

There are certain tools that can be used to help lessen the intensity and magnitude of a meltdown once it happens, and one of my favourite strategies is a "calm down emergency kit."

A calm down kit is a collection of tools that help regulate emotions and promote a sense of calm and relaxation. The contents of the emergency kit are specific to your child's needs. No two children with a sensory processing disorder are the same, which means each child responds to different strategies and different techniques. These kits can make a huge difference in helping your child calm down in an overwhelming situation that just cannot be avoided. I like to take our kids everywhere and I keep a small one in my purse for unplanned situations like a doctors office visit, family gatherings and waiting rooms!

It's going to take a little trial and error to find a set of tools that will work for your child, but having your kit on hand and ready when a down threatens to explode like a volcano- a kit can make a huge difference in redirecting or helping keep big emotions under control.



Calming Kit

What kind of things does a calm down kit include?

There are literally tons of different things you can include in your child's kit! AND it's like, super fun to put together! Allow your child to experiment with different items to see which ones give them the most comfort.

I've talked with a bunch of parents to see what kind of things their children have in their calm down kits. Here are some ideas, and if you're interested in where you can purchase or how to make them yourself, send a message out to our closed MPHUB group and we can help!

An I spy book, or an I spy bottle. I spy bottles are a fun way to redirect focus and promote relaxation. You can simply make one of these yourselves by filling a bottle with rice and adding small objects to find.

Physical touch. While there are lots of different items you can put in your kit, this is an item that is super cheap and one of the most effective. (Depending on the situation.) Sometimes you can STOP a meltdown by just giving your child a really big bear hug, and whispering "it's going to be okay, I'm going to help you through this." Just be mindful of how your child likes to be shown affection, sometimes if the meltdown has gone past the beginning trigger stages it might be hard for a child to accept more sensory input. Whatever the situation, this is always my first go to strategy. I mean, I freaking love it. snuggling my monkeys! 💎💎



Calming Kit

What kind of things does a calm down kit include?

Squeeze balls! these are amazing for helping children, and adults focus. Squeeze balls also help alleviate anxiety and high-stress situations... Now I remember why my doctor always had one on his desk.

Essential oils: A lot of parents have told me they love the use of essential oils to help their children sleep more soundly, and stay calm. Of course, you will need to do some research on which essential oils are safe to use for your child and how to use them safely!

A collection of calming songs. I have a playlist on my phone with soft, calming children's music to help reduce the severity of meltdowns. Keeping noise cancelling headphones or children's headphones in your purse or in your kit is an easy tool to have on hand at all times!

Gum! What kind of child doesn't like tasty gum! Gum has been shown to reduce anxiety and increase focus which makes transitions a lot less stressful. Gum also helps if you find your child likes to play with their clothes, twist their hair, or if your child is dependant on fidget toys.

Combing strategy cards (which are available. For download here!) these cards will help your child differentiate their emotions and the intensity of their feelings all while empowering your child to choose their own strategy to help manage big emotions.



Calming Kit

What kind of things does a calm down kit include?

A pinwheel or bubbles is a great tool to carry in your kit! Blowing bubbles, or blowing a pinwheel, encourages deep breathing which reduces stress and anxiety. The movement of a pinwheel moving or bubbles floating can distract them from more meltdown triggers.

Fidget toys. Fidget toys are popular for self-regulation and helping children focus because they promote tactile input and movement. there are so many different fidget toys to choose from in different shapes, sizes, and you can find them on Amazon. (My cool new favourite is a spinning ring!)

What can you carry your kit in?

Some parents choose to put their calming kits into a shoebox, with an emotion measurement tool taped to the top of the box! you can get really creative and make this your own! You can draw emotions ranging from 0 to 10, you can even add a spinning dial for your child to turn to how they are feeling! adding this step to your box is a great way to help your child understand how they may be feeling and to differentiate between emotions and intensities.

Some parents like to carry a laminated wallet card to remind them of the “calming kit” items they carry in their purse, diaper bag, or car compartment.. that doesn’t necessarily come quickly to mind. (iPod with music, strategy cards, awareness cards...)

Remember: Make it fun! get creative! Take a trip to the dollar store with your child to find items that may help to put into the box!