



5 Simple Strategies to Help Your Child at Home

1. Heavy Work Helpers

What to do: Have your child help with "strong work" around the house – carrying groceries, pushing the vacuum, moving chairs, or doing wall push-ups.

When to use: Before dinner, when they seem restless, or during transitions.

Why it helps: Gives their body the input it's craving in a helpful way.



2. Breathing Buddy

What to do: Place a stuffed animal on their tummy while lying down. Watch it go up and down with slow breathing.

When to use: Before bed, when upset, or before challenging activities.

Why it helps: Slow breathing calms the nervous system and the visual helps them focus.



3. Fast and Slow Game

What to do: Take turns moving fast (dancing, marching) then slow (tip-toeing, slow motion). Make it silly and fun!

When to use: When they're too hyper or when they need help with self-control.

Why it helps: Teaches their brain to practice "brakes" in a playful way.





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4. Gentle Ear Massage

What to do: Show them how to trace around their ear with their finger, then draw little hearts on their temples.

When to use: During transitions, when anxious, or as part of bedtime routine.

Why it helps: Activates calming pathways in the nervous system.



5. Upside Down Fun

What to do: Try gentle downward dog pose, rolling a ball underneath their bent legs towards a target, pushing a laundry basket across the floor, or lying down and tracing opposite leg with a ball.

When to use: When they seem scattered or unfocused, or as a fun brain break.

Why it helps: Different body positions help the brain reorganize and improve focus.



What to Expect:

- Changes take time – be patient and consistent
- Some strategies will work better than others for your child
- It's normal for regulation to be harder when tired, hungry, or stressed

When to Seek More Support: If these strategies aren't enough, or if you have concerns about your child's development, talk to your educator or therapist about additional resources and support.

Remember: You're doing a great job supporting your child's unique needs!

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