

11 EASY WAYS TO RESET THE ENERGY

IN THE HOME WHEN IT GETS TOO CRAZY

1. PLAY SOME MUSIC

We prefer to Youtube "meditation music" - there's always a several hour LIVE available, but any instruments or recorded music can have a positive effect.



2. ADD SOME WATER

Baths, showers, buckets of water of different temperatures with spoons to play in, pool, slip 'n slide, sprinklers, etc. Even just a glass of ice cold water can make a big difference.



3. WALK/RUN OUTSIDE

Fresh air, focusing on the horizon, noticing sounds and smells around you, plus the bilateral movement all work to soothe the overactive brain.



4. READ-ALOUD

Whether an old family favorite, some silly limericks or rhymes, or a children's book you basically have memorized, the cuddles and shifted focus really work!



5. OTHER SENSORY PLAY

Kinetic sand, playdough, regular sand, slime, shaving cream, cooking materials, gardening in the dirt, heavy work, add scent to whatever you're already doing.



6. MEDITATE TOGETHER

If I sit on my butt on the ground and make a silly obvious pose and "ohhhmmmm" loudly at first, then get softer, 8 times out of 10 my kids do too. It helps.



7. PRESCHOOL DANCE PARTY

Preschool songs often require you to cross the midline which is good for your brain and their development. So put your right foot in, and take your right foot out, and shake it all about!



8. SNACK TIME

I can't tell you how many kids I've seen get positively hangry without even recognizing their hunger at all. Why? Underdeveloped interception. Play it safe and have a high-protein snack together!



9. PLAY IMPULSE-CONTROL GAMES

Simon Says, red light, green light, mother may I and any of those where they listen and follow along. This engages their prefrontal cortex.



10. PHYSICALLY CONNECT

Invite your feisty one into your arms/body. Bonus for proprioceptive, vestibular, or tactile input - a hug, a spin, a tickle,, pushes, a flip, a hand or foot massage, or gentle nail grazes on the skin.



11. EMOTIONALLY CONNECT

Lower body, tone, volume, make eye contact (if that's comfortable for them), and tell them something you adore about them, why you love being their parent.



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