skills on the hill pediatric therapy

The "Just Right" Challenge

How to tell if an activity is too hard, too easy, or just right

Kids learn and stay regulated best in the "just right" zone - challenged, but not overwhelmed. Too hard and they melt down or give up; too easy and they check out. Here's how to find the sweet spot.

NOTICE | TRY | BUILD | CONNECT | GROW

Signs it's too hard

Frustration, avoidance, "I can't," giving up fast, meltdowns

Signs it's too easy

Boredom, silliness, rushing, zoning out, seeking other stimulation

Signs it's "just right"

Focused and trying; mild struggle but sticking with it; proud when done

How to adjust it down

Break it into smaller steps, do it together, reduce the demand, offer a break

How to adjust it up

Add a challenge, remove a support, increase speed or complexity, let them lead

The goal

Build the "I can do hard things" muscle without the crash. Small wins stack up.

GROUP 4 - Feeding

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.