skills on the hill pediatric therapy

The 5-Minute Calm-Down Kit for Meltdowns

Sensory tools for the hard moments - anywhere

Meltdowns aren't misbehavior - they're a nervous system that's overwhelmed. These strategies help a dysregulated child feel safe and find calm. Keep them in your back pocket for the store, the car, and the kitchen floor.

NOTICE	TRY	BUILD	CONNECT	GROW
Before the storm (prevention)	Watch for early signs: fidgeting, whining, zoning out			
Offer heavy work or a snack; reduce noise and lights	Calming input (deep pressure)			
Big bear hugs, wall push-ups, carrying something heavy	A gentle "sandwich" squeeze between couch cushions			
Regulate breathing	"Smell the flower, blow out the candle"			
Blow bubbles, blow a pinwheel, or hum	Calm the senses			
Dim the lights, find a quiet corner, offer a soft item	Noise-reducing headphones or a cold sip of water			
Connect first, correct later	Get low, stay calm, name the feeling, use fewer words			
Teach and problem-solve after they're calm - not during				

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