

Creating a Self Care Space



Having a designated space for your child to relax and calm down is a great way to promote self care and advocacy at a young age! Identifying a safe space where a child can regain their emotional control supports independence in working through whatever they may be feeling. Similar to physical skills, when a child's brain is developmentally ready to self-regulate, they can utilize a number of calming strategies and identify what works best for them. Having a safe place to call their own will allow the child to let down their guard to process their feelings. The use of this space can help to increase self-awareness, self-management, and communication.

Tips for creating a self care space within your home:

- Find a quiet area of the house.
- Give the child the opportunity to help design and set up the area. Make it a place where they want to be when they are feeling overwhelmed.
- Fill the space with a soft rug, bean bag chair, pillows, and/or stuffed animals.
- If the child is at a reading level, add some preferred books.
- Use a small CD player or radio to play calming music.
- Add crayons, markers, paper, or other drawing materials if art is a preferred activity.
- Add sensory items to help the child regulate.
- Place artwork or meaningful pictures on the wall.
- Don't think of the area as a "time out". Encourage the child to spend time in the space when they are feeling distressed. The goal is for the child to independently recognize when they need to spend time in their space to better regulate their emotions!

Information retrieved from:

<https://www.actionforhealthykids.org/activity/calm-down-corner/>