

BUILT FOR YOUR CHILD'S PAIN POINT

Home-First Calming Toolkit

The exact tools, setup, and scripts for your child's calm corner. Nothing fancy. All things you can start tonight.

Body tools (for the storm)

- Weighted lap pad or heavy blanket
- Chewy necklace or crunchy snack
- Wall push-ups × 10 (fastest reset for big kids)
- Cold water on wrists or face

Sensory tools (for the sizzle before the storm)

- Dim lamp instead of overhead lights
- Noise-reducing headphones for public places
- One soft, non-electronic object they always come back to
- A 'sensory basket' near the calm corner

Mind tools (for after)

- Feelings cards — point, don't talk
- 5-4-3-2-1 grounding out loud, together
- Draw the storm — no words needed
- The repair script from Tonight's Script pack

Your child's Top 3 (fill in on the call)

1. _____
2. _____
3. _____