

WAYS TO HELP KIDS WIND DOWN AFTER A BIG OUTDOOR DAY

from an SLP + an OT

1

Downshift Before Getting Home

Shift the environment on the way back (soft music, slower pace, low voice) to signal it's time to start calming the nervous system



Offer a Regulating Snack

Protein+carb snacks with a crunchy (calming) texture—like apple/peanut butter or cheese/crackers—give exhausted bodies a gentle reset

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Mini Wind-Down Routine

Establish predictable transition routines—like a bath, look at books, or dim the lights—that signal the body it's rest-time



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Use Deep Pressure Tools

A weighted blanket, body sock, compression sheet, tight wrap, or big hug helps an aroused nervous system self-regulate after a busy day



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Keep Bedtime Soothing and Flexible

Over-tired bodies might need an earlier or longer wind-down (delay bedtime) while over-stimulated bodies might need a gentler approach