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Share the Wellness Tip

A Parent's Cheat Sheet to Calming Kids

If your children bounce off the walls, are too loud, frequently fidget, or have trouble playing well with others, your little ones may have hyperactivity issues.

To help kids learn to ramp down:



Speak in a calming voice without frustration or yelling. If you want your children to be calm, remain calm yourself.



Provide regular, structured physical activity to help redirect unfocused hyper energy.



Find activities that allow children to develop creativity and release emotional energy.



Massage temples or scalp, lightly run your fingers through their hair, or rub their shoulders.



Encourage children to monitor their breathing when overly stimulated. Teach them to take deep breaths.



Stick to routines. Make certain children know what is expected of them and the consequences for not following expectations.

Source: Emily Kensington, PHD, LCSW, www.add-treatment.com

