



**CALMING COMMUNITIES  
COUNSELING & WELLNESS**



**Parent Tips for Increasing  
Self-Regulation**



**Morning Ritual**

- Wake up 15 minutes earlier than you need.
- Stretch or do yoga for 10 minutes.
- Shower (if done in the morning).
- Try using an energizing aromatherapy Lotion
- Hygiene (Deodorant, brush teeth & mouthwash)
- Eat breakfast (Add a fruit to cereal)
- Leave for school



**Bedtime Ritual**

- Play time or TV Time. All screens should be turned off at least 1.5 hours before bed.
- Shower (if done at night).
- Put PJ's on.
- Hygiene: Brush teeth, wash face, etc.
- Try using a relaxation or sleep aromatherapy lotion.
- Spray pillow (pillow mist version of aromatherapy).
- Lay down and close your eyes.
- Use a breathing meditation to relax.



**Implement Calming Habits**

- Decrease screen time (<1.5 hrs a day;
- Increase protein and vitamin B & D
- If you are having trouble:
  - Soft music ~country or relaxing no rock or rap
  - Read a book, draw or color



**Diet**

- Decrease sugar and caffeine in diet
- Increase protein and vitamin B & D
- Start the day with orange & orange juice

