

Parent responses to *over-excitabilities...how do our parents manage?*

Identify activities that are calming/ organising, such as music, swinging, doing “heavy work” (activities using large muscles like wheelbarrow walks) and use them in socially appropriate ways to help the child become calm. Anticipate situations which may cause stress and modify them – occupational therapy

Education and support like minded groups – keep a set of strategies, re-use even if it didn't work one time early on. Very situation-based therefore growing little person will change and things that didn't work once, might work now

Psychologist was very beneficial to assist in emotional outbursts. Had to find the right psychologist to click with my son. He has not outgrown it

Talk softly and explain and discuss , she seems to calm and understand even though she isn't verbalising yet

Don't try to box them in; sometimes just let her go; join in with imaginary story making; ask questions and take an interest. Provide lots of physical activity

I try to help my child to calm down and step back to see the big picture. Help her to verbalise which I believe will help her to take control and harness her energies in a constructive manner

Leave him to his space until he has calmed down – ensure that his space is inviting, calming and somewhere he can safely chill

'Inside Out' movie has been great for discussing emotion, emotional responses & decision making

Accept that is our reality and try to build around it rather than against it eg if we are having lots of nightmares, sleep close

Sometimes we don't manage very well! Space and time for both of us to cool down, then we talk – provide positive ways for sensual/ psychomotor to be built in to the everyday.