

May 2022

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Anna Shaw Children's Institute provides champion care to children and families for happy, healthy lives.

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How to Create a Calm-Down Corner



May is an exciting yet busy time of year for most families. The school year is ending, and summer vacation is beginning. There are many activities planned to celebrate the school year that is coming to an end. This can be an enjoyable time with fun activities planned to ring in the sweet summertime! However, for many of us and our children, it can also be an overwhelming and stressful time of year. One of the things we can do to give everyone a space to rest and regulate emotions during busy times is to create a calm-down corner in our homes. It's simple, and we can use items we already have!

How to Create a Calm-Down Corner in Your Home

- 1. The first thing to do is decide where the space should be . It does not necessarily have to be a corner. Pick a place in your home that is fully visible but free of major distractions. The location should be quiet with no heavy traffic. It does not have to be a large space. It just needs to be large enough for one person to sit comfortably.
- 2. Next, decide what should go in your calm-down corner. Think about things your child already uses to calm down. One idea is to look for soft, comforting items you have in your home. Your child's favorite blankets, pillows, and stuffed animals are all great ideas. A soft rug can give the space a soft, warm feel. Printed signs of feelings charts and an emotional thermometer would be helpful as a reminder for your child of how to identify how they are feeling and how to get to their calm zone. Other ideas are stress balls, favorite calming books, and favorite soft music. A journal can be included for older children or coloring supplies for a younger ones. Be sure to ask your child for input on what to include in the calm-down corner to ensure the space meets your child's needs.
- 3. **Teach your child how to use the calm down corner**. Explain the purpose of the calm down corner to your child. Help your child by reminding them to use it when you see they are becoming overwhelmed or overstimulated. Limit interaction and distraction while your child is calming down, but check in with your child once they are calm to discuss how they feel now versus how they felt previously.



FRIDAY, OCTOBER 27, 2023

DALTON CONVENTION CENTER

2211 Tony Ingle Parkway (formerly 2211 Dug Gap Battle Rd) Dalton, GA 30720

KEYNOTE SPEAKERS

Rodney Kellum



Father, author and inspirational speaker

Stephanie O. Hubach



Mother, research fellow in disability ministry, author of Same Lake Different Boat & Parenting and Disabilities



REGISTRATION COMING MARCH 2023!

The 8th Annual Autism Conference is intended for parents/caregivers, educators, healthcare professionals, young adults on the autism spectrum, self-advocates, and other interested individuals. Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.

More information to follow.

For questions, please contact Lindsey Coker at lcoker@hhcs.org

Parent Support Group

The Parent Support Group, hosted by Anna Shaw Children's Institute, meets on the second Tuesday of each month at 11:00 am.



SNACKS ARE PROVIDED

Southern Magnolia room on the lower level Anna Shaw Children's Institute 1201 Burleyson Road Dalton, Georgia Please RSVP by calling Heather Mallett at \$706.226.8911

Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.



Hamilton Health.com/children





Todos los padres, abuelos, guardianes, y otros miembros de la familia de niños con necesidades especiales están invitados a tomar parte en un grupo de apoyo para padres, dirigido por los padres. GRUPO DE APOYO PARA PADRES LATINOS

Anna Shaw Children's Institute se apega a las guías de seguridad y recomendaciones de distanciamiento social de la CDC.



Anna Shaw Children's Institute
Southern Magnolia Room • Primer Piso

1201 Burleyson Road Dalton, Georgia

PRIMER JUEVES
DE CADA MES

9:00 - 10:00 am

Para mas información póngase en contacto con Berta Castillo 706.218.5804.



HamiltonHealth.com/children

For more information about Anna Shaw Children's Institute, please visit our website by clicking here.





Click Here to Watch a Heartwarming Video from Anna Shaw Children's Institute

Find out MORE

https://www.national disability institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-is-developmental-disabilities-awareness-month/superior-institute.org/press/march-institute.or

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