

How to Use the Toolkit

1. Download the free sample PDF above
2. Open it on a tablet, phone, or print it out
3. Start with one calming tool such as the 3-3-3 Technique
4. Try it together during quiet moments, transitions, or before bedtime
5. Come back to the tools often. They're made to grow with your child over time

Caregiver Tip

These tools don't need to be perfect. Just consistent. Even a few moments of connection can make a big difference.

What's Next

This is just the beginning. Our full digital calming toolkit is on the way!