

C.A.L.M. RITUALS FOR PRESCHOOLERS

STACK THESE ELEMENTS TO BUILD A CONNECTING RITUAL
THAT CAN MAKE TRANSITIONS EASIER



COMPANIONSHIP

BE TOGETHER

Young children tend to feel most regulated and connected when in close physical proximity to their caregivers. Using (wanted, fully consensual) hugs or cuddles in a planned and predictable way, like right after getting home from daycare, can help them transition more easily.



ACTION

DO TOGETHER

Many preschoolers connect with loved ones by “doing together.” Planning to share a preferred activity before a hard transition (like reading the same favorite book before bedtime each night) can provide them with a sense of comfort and predictability.



LANGUAGE

SAY TOGETHER

Want to help a preschooler acclimate to a new routine or setting? Use magic words! Rhymes or songs related to daily activities that can be repeated over time (like table graces at meals or lullabies at bedtime) can make unfamiliar activities more palatable and fun.



MINDFULNESS

STAY TOGETHER

Committing to give a preschooler a few minutes of sustained attention around times of transition can help create a ritual atmosphere. Limiting distractions can add a feeling of trust and comfort.