

Calm Down Bottle Information for Parents

Calm down bottles can be any plastic bottle filled with a simple mixture of glue, glitter and warm water. You add in one of your child's toys e.g. lego pieces, beads or other objects too. Any time your child (or you) need a break, give the bottle a GREAT BIG shake (this is the important bit) and then watch and wait for the glitter to settle. The wait can take anywhere from 2-5 minutes.

WHY SHOULD YOUR CHILD HAVE A CALM DOWN BOTTLE?

A calm down bottle has multiple purposes.

They are pretty and inviting. Most days someone (children, parents or staff) want to shake the calm down bottles on the shelves in our rooms. When they are not in use, they become a piece of art and a conversation piece.

They are calming. Calm down bottle brings you piece of mind. It's like being entranced under a magician's spell that can't be broken.

They provide proprioceptive, visual and tactile input. What does all that mean, right? Shaking, squeezing, turning, and watching the jars as the glitter settle allows your body to receive sensory input needed to organize thoughts, focus your attention, and "rewire" your nervous system.

They take the focus off of the punishment. Often times, when our children have big feelings (anger, sadness, worry) or are throwing a temper tantrum it is because they are so upset they are unable to communicate their needs to us. Think about it, as adults we do the same thing, some of us have learned to manage our emotions over time. Some of us still blow up and yell. By giving our children time to calm down before communicating we are giving them a fair chance to solve problems and explain their thoughts to us. Honestly, sometimes it gives us time to calm down before communicating with our children.

They are fun! The most important reason

IT GOES WITHOUT SAYING IF YOUR CHILD OFTEN THROWS THINGS WHEN THEY ARE DISTRESSED THEN THINK CAREFULLY ABOUT USING THIS AS A TECHNIQUE.



HOW TO MAKE A CALM DOWN BOTTLE

(adult supervision required)

What you need: Quantities based on 500ml bottle

- A clear plastic bottle (can be recycled)
- A jug of warm water
- 60-80g of glitter (for extra shine)
- 3 drops of food colouring
- 60ml of glitter glue
- Toy, figure or object to go in the bottle (optional)
- Tape or strong glue for the top (or both!)



1. Add warm water to your bottle until it reaches around a third of the way up



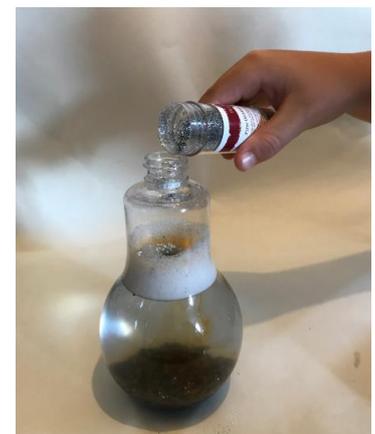
2. Add the glitter glue and stir until combined with the water



3. Add around 3 drops of food colouring and stir. You can add more or less depending on your preferred shade, but don't add too much as the mixture will become really dark and it will be difficult to see the glitter



4. Pour in the glitter! You can add more or less than suggested, or use a mix of chunky and fine glitter to give your bottle more texture. Stir well.



5. Drop your choice of small toys/objects into the bottle



6. Stir the mixture until well combined



7. Top up your jar with the rest of the warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move.



8. Screw on the bottle lid and tape and/or glue to secure it



9. SHAKE, SHAKE, SHAKE!!
Anytime you are feeling sad, worried or angry



Top tip: Adding a squirt of baby oil or liquid soap to your bottle can give a slower moving 'galaxy'

Created by the Psychological Health and Wellbeing Team