

Lifestyle Support for Calmer Days

A gentle, non-diagnostic approach to nurturing your child's emotional world.

Children's moods and behaviors are deeply connected to the rhythms of their day — how they sleep, eat, hydrate, move, and feel supported. At Leoma Wellness, the focus is on simple, evidence-informed lifestyle shifts that help a child's nervous system feel steadier and more capable. These aren't "fixes," but foundational supports that make emotional regulation easier.

Hydration & Mineral Balance

Even mild dehydration can affect a child's patience, focus, and emotional steadiness.

Supportive practices:

- Offer water at predictable times throughout the day
 - Add gentle flavor (fruit slices, herbal tea) to encourage drinking
 - Include mineral-rich foods like bananas, yogurt, potatoes, and seeds
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Blood Sugar Stability

Children burn through energy quickly. When blood sugar dips, it often shows up as irritability or "not listening."

Supportive practices:

- Provide snacks with **protein + fiber + healthy fat**
 - Avoid long gaps between meals
 - Offer a consistent after-school snack to prevent late-day meltdowns
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Sleep Rhythms

A tired nervous system is more reactive. Predictable sleep cues help children settle more easily.

Supportive practices:

- Keep bedtime within the same 30-minute window
 - Dim lights and reduce stimulation before bed
 - Use calming rituals like warm baths, quiet play, or reading
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Movement for Regulation

Movement helps release built-up energy and supports emotional balance.

Supportive practices:

- Encourage outdoor play after school
- Offer short "movement breaks" between tasks

- Use grounding activities (yoga poses, wall pushes) before transitions
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Sensory Support

Many children experience sensory overload without having the words to explain it.

Supportive practices:

- Create a quiet, cozy space for breaks
 - Use noise-reducing headphones in loud environments
 - Offer fidgets or textured items for grounding
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Emotional Co-Regulation

Children borrow calm from the adults around them.

Supportive practices:

- Gently narrate what's being noticed ("It looks like your body feels overwhelmed")
 - Slow breathing so they can match the rhythm
 - Offer connection before correction
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Predictable Daily Rhythms

Consistency helps children feel safe and reduces emotional strain.

Supportive practices:

- Use simple visual schedules
 - Keep morning and after-school routines steady
 - Give gentle transition warnings ("Two more minutes...")
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Nourishing Foods

Nutrient-rich foods support attention, mood, and steady energy.

Supportive practices:

- Include omega-3 sources like salmon, chia, or walnuts
 - Add colorful fruits and vegetables daily
 - Offer whole grains for sustained energy
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Nature & Light

Natural light helps regulate sleep, mood, and energy.

Supportive practices:

- Spend 10 minutes outside in the morning

- Encourage outdoor play whenever possible
 - Keep indoor spaces bright during the day
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Connection First

Children regulate best when they feel seen and supported.

Supportive practices:

- Start transitions with a moment of warmth
 - Offer simple choices to build autonomy
 - Use playful engagement to reduce resistance
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A Gentle Reminder

These lifestyle shifts are not about perfection — they're about creating an environment where a child's nervous system feels supported. Small, consistent changes can lead to calmer afternoons, smoother transitions, and a more connected home.