

Coastside Pediatric Therapy Center

how to encourage quiet time (QT)



Make quiet time part of your routine

- pick a time that works in your schedule
- use same space every day
- check in after QT to see what was created

ideas:

ease into QT with a story

start with 5 minutes, increase gradually

set a timer or play a

song list for designated time

give them a QT box

rules:

how long QT lasts, where they can go

during QT, where they can find you if needed,

only quiet toys allowed,

no devices.

Relax!