



Safe Place Sense of Sound



Music helps children feel better

- ★ Music should be calming and familiar
- ★ Major keys instead of minor keys
- ★ Older children prefer music with strong base
- ★ Rap helps some children with attention issues
- ★ Humming stimulates frontal lobes for impulse control

Provide:

- ★ CD player with headphones
- ★ Recording of parent in child's native language.
"You're safe. Keep breathing. You can handle this. I love you."
- ★ Nature sounds
- ★ Stuffed animal with recorded message

