



#### EVIDENCE-BASED

Research-backed program and tools to promote emotional regulation and resilience.



#### EXPERIENCED APPROACH

Informed by 20 years of experience teaching self-soothing techniques to children of diverse backgrounds and learning styles



#### CO-CREATED WITH CHILDREN

Developed with input from children, ensuring techniques are relatable and engaging.



#### CO-REGULATION

Effective self-soothing videos for caregivers and children to regulate mind and body together.

## EMPOWER CHILDREN WITH SELF-SOOTHING TECHNIQUES ANYTIME, ANYWHERE

### DIGITAL SELF-SOOTHING LIBRARY

A flexible, evidence-based resource designed to empower children with self-soothing strategies for navigating big emotions.

### WHAT WE OFFER

- **Self-soothing techniques:** Including deep breathing, mindfulness, and guided imagery.
- **Anywhere, Anytime Access:** On-demand format playable on any device.
- **5-minute Videos:** Short, trauma-informed lessons that can be easily incorporated into daily routines or used when needed.



HI! I'M JULIE,  
YOUR FACILITATOR

I help kids learn to self-soothe with free, easy-to-learn, evidence-based techniques. With 20 years of experience as an educator and facilitator, and as a neurodivergent adult parenting a neurodivergent child, I've seen firsthand how empowering emotional regulation tools can transform lives. To make these tools accessible, I developed a digital library filled with practical self-soothing strategies to support emotional wellness and resilience.