ORCHID & ANCHOR: DAILY ROUTINES

A Quick Guide to Low-Friction Rhythms for Sensitive Kids



Morning Soft Start

- **Low-Load Environment:** Use warm, dim lighting and keep background noise low.
- **15-Minute Buffer:** Avoid questions about school or chores while sleep inertia clears.
- **Grounding Connection:** Start with a 30-second hug or steady hand on their back before giving instructions.

Visual-Guided Transitions

- **External Boundaries:** Place a visual timer at eye level so the clock carries the boundary, not you.
- **Micro-Steps:** Use a visual task board (Get Dressed → Eat → Shoes → Pack) to guide progress without nagging.

After-School Reset

- **Decompression First:** Give 30–60 minutes of unstructured downtime before bringing up homework or chores.
- **Sensory Re-Anchoring:** Spend 10–15 minutes barefoot on the grass or relaxing in a cozy, dim quiet space.
- **Heavy Work & Fuel:** Offer a protein snack, cold water, and proprioceptive input like crunchy food or jumping.

Bedtime Co-Regulation

- **Digital Sunset:** Turn off screens 2 hours before bed to support melatonin production.
- **Sensory Transition:** Follow a warm bath with firm lotion massage or gentle joint compressions.
- **Auditory Anchor:** Snuggle under a heavy blanket with a slow-paced book using a warm amber reading lamp.

Want to Help Your Home Breathe?

If your family is caught in a cycle of sensory overload, you don't have to do it alone.

- Explore Our Digital Toolkits: Visit my Orchid & Anchor Etsy Shop for deep-dive guides on sensory sanctuaries and slow-tech boundaries.
- Ready for a Customized Plan? Discover the Orchid & Anchor Intensive—our specialized 5-session consultancy to calibrate your home and restore peace.

👉 Visit www.orchidanchor.com to book your parent intake consultation.

Aubrey Devore, LCPC, NCC, RPT
— Orchid & Anchor