

Regulating Foods – Comfort

A thickened yogurt drink, made with fruit yogurt and milk, gives us a feeling of comfort. Sucking through a straw helps us to feel calmer, and focus on drinking something nice.

We can use different foods to make us more awake and alert, or to help us feel calmer when we are feeling cross. We can use food to help our regulation, and the regulation of others. The things that are regulating for you may be different for your child.

We know that having different foods at home is difficult just now, so improvising is sometimes needed.

Take these 3 ingredients.....yoghurt, milk, cup/straw



**Mix equal amounts of yoghurt & milk.
Enjoy your new drink, try different flavours to see which is your favourite!**