



HOW TO CREATE A

LOW-STIMULATION HOME

for Toddlers & Mothers



A CHECKLIST FOR A CALMER, HAPPIER HOME LIFE



SIMPLIFY TOYS

Keep only a few toys out at a time and rotate regularly.



CREATE CALM SPACES

Designate cozy, quiet areas for relaxation and independent play.



PRIORITIZE NATURAL LIGHT

Let in as much natural light as possible to support mood and regulation.



USE SOFT, NEUTRAL COLORS

Choose calming, neutral tones to reduce visual overstimulation.



REDUCE NOISE

Minimize loud sounds and background noise in the home.



ESTABLISH RHYTHM & ROUTINE

Predictable routines help toddlers feel secure and reduce meltdowns.



DECLUTTER & KEEP IT SIMPLE

Clear visual clutter to create a more peaceful environment.



MAKE SPACE FOR CONNECTION

Slow down and create space for meaningful moments together.

Less stimulation. More connection.



OAK & ROSE HOME
INTENTIONAL HOME. BEAUTIFUL LIFE.