



# MISSOURI BOTANICAL GARDEN

## Calming Corner F.A.Q.'s for Visitors

### **What is a Calming Corner?**

*Simply put, a Calming Corner is a quiet comfortable room for nursing moms and for children who need a quiet space to take a break.*

### **What types of items are in the room?**

*The Calming Corner is purposefully designed to meet the needs of its users. Comfortable chairs, soft lighting, soothing colors from nature are just a few of the elements that make this room so special. Calming activities in the room include books, tactile toys, plush forest critters, and soft mats.*

### **Why do we have a Calming Corner?**

*Many children's museums find that parents benefit from a space where they can take a child who may be sensory sensitive or overstimulated by high activity areas for a short break. Also, even though a mom can nurse anywhere throughout the Garden, a quiet space where she can sit comfortably to feed her baby is often appreciated. If she has older children with her as well, this space provides a safe place for her to keep an eye on them.*

### **Who can benefit from the Calming Corner?**

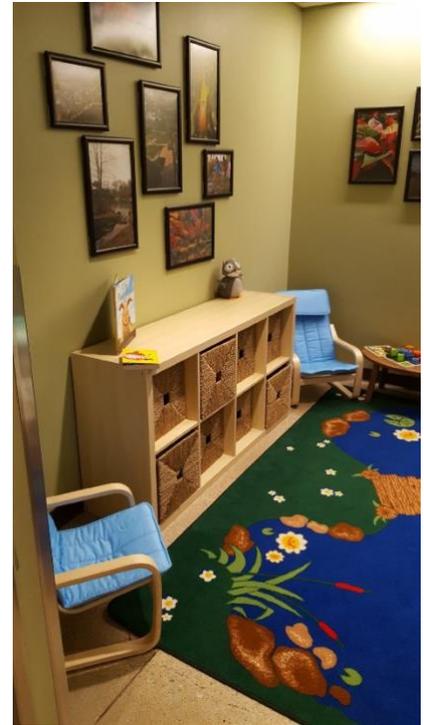
*Nursing moms, children with Autism Spectrum Disorder, children with sensory sensitivities, toddlers who need a break, children who are easily overwhelmed by unfamiliar spaces.*

### **Where is the Calming Corner located?**

*The Calming Corner is located in the vestibule of the Brookings Exploration Center near the Children's Garden. The room is across from the family restroom.*

### **Is food or drink allowed in the Calming Corner?**

*While the Calming Corner is not intended as a lunch room or picnic area, it is understandable that a small snack may be necessary to aide in calming a child and, of course, this is a feeding room for baby being nursed.*



**Will this room be monitored or staffed?**

*While this room will be checked and cleaned daily and staff will be nearby, this room will not be staffed.*

**Can more than one family use it at a time?**

*Yes. This room will be self-regulated by the users of the space. We ask that all families be respectful and courteous to each other.*

**How will I know if it is occupied?**

*Simply slide the door closed to signal to other visitors that the room is in use.*

**Does it have a lock?**

*No, this is not a locked space.*

**How long can I use the calming corner?**

*While there is no time limit for the space and we want families to be comfortable using the space as long as they need to, it is not designed for use over long periods of time such as for napping.*

**Does the room need to be reserved?**

*No. Reservations are not needed for the room.*

