

THE SAFE AND SOUND PROTOCOL (SSP) FOR PARENTS & CAREGIVERS

The Safe & Sound Protocol (SSP) is a practical application of Polyvagal Theory, designed to reduce sound sensitivities and improve auditory processing, behavioral state regulation, and social engagement behaviors through specially-filtered music.

YOUR CHILD'S ROLE

Your child will be listening to filtered music as guided by their SSP Provider. Although they can listen less, it is important to not listen more than the time suggested.

YOUR ROLE

Create a safe place for your child and engage their social engagement system. Smiling, providing positive feedback, and listening to them are all ways to help support their nervous system throughout the program.

YOUR PROVIDER'S ROLE

Your SSP Provider will support you and your child throughout their SSP experience. Have a conversation with your Provider prior to starting the SSP to discuss the plan for listening.

