



Cincinnati Zoo & Botanical Garden

CALMING ROOM

Information for Parents & Caregivers

At the Cincinnati Zoo & Botanical Garden, we are excited to present our Calming Room for visitors with sensory sensitivities and/or developmental disabilities, who may need a quiet space to help regulate their bodies during a Zoo visit.

Our Calming Room has been created in collaboration with the Cincinnati Children's Hospital LEND program and the University of Cincinnati. Experts from these local institutions assisted in the creation of the room and choosing the items and tools in the room. These items include: dimming lights, a rocking chair, crash pad, projector with calming images, bubble wall, stereo, vibrating pillow, Time Timer, and weighted lap pad.

The Calming Room can accommodate one family at a time, on a first-come-first-serve basis. **To utilize the Calming Room at any point in your Zoo visit, please contact any employee, visit the Welcome Center, or call the Visitor Experience team at (513) 475-6198.** They will give you directions to meet an employee in the Vine Street Village entry area, near the Welcome Center and bathrooms. The door to the Calming Room is locked and can only be accessed with an employee. If the Calming Room is in use when you request it, the Visitor Experience team will advise alternative locations for a calm space.

Families are invited to use the Calming Room for as long as they need to while regulating sensory input. An employee will check in after 30 minutes in case you have questions or any additional needs. You can leave the Calming Room when your family is ready, without alerting an employee. An employee will arrive afterwards to clean and sanitize the Calming Room for the next family.

Cincinnati Zoo & Botanical Gardens staff members have received training from Dr. Jen Smith of Children's Hospital on welcoming and including visitors with developmental disabilities to the Zoo. These employees are identified by the "Zoo Access for All" notation on their name badges. The Zoo has also implemented several resources for visitors, including sensory-friendly bathrooms, sensory maps, adult changing tables, a Sensory-Friendly Santa experience during PNC Festival of Lights, visual schedules and social narratives. You can learn more about these resources at the Welcome Center, or online at www.cincinnati-zoo.org/plan-your-visit/zoo-access-for-all/



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