



Being Calm

When parents are calm, children learn to calm themselves, too.
Staying calm helps us handle life's challenges.

SHARE “being calm” with your child...

- **Do calming activities together**
 - Take deep breaths together. *“Breathe in while I count to 3. Now breathe out while I count to 3.”*
 - Pretend to blow up a balloon.
 - Blow a cotton ball across a table.
- **Point out when your child is being calm**
 - *“I see that you are breathing slowly. You look calm.”*
 - *“Holding your stuffed animal helps you calm down, doesn't it”.*
 - *“Your face looks relaxed – you are staying calm.”*
- **Talk about being calm**
 - *“Let's take some deep breaths together before we go outside.”*
 - *“I feel so much better after I have taken a few big breaths.”*



ASK your child about being calm...

- *“You took some big breaths in and out. How do you feel now?”*
- *“Let's think together. What are some things that help us stay calm?”*

PAUSE and THINK about calming throughout the day...

- First thing in the morning
- At bedtime
- Before and during a new activity
- When you're frustrated or anxious.
- When you are in a hurry.



AND babies and toddlers, too!

- Let your little one watch you taking deep breaths.
- Gently blow your breath out slowly into your little one's face. Then smile.
- Hold your baby chest-to-chest and breathe slowly for a few minutes – your baby will feel calmer, too.

More FREE online resources to build your child's resilience

www.reachinginreachingout.com/parents (videos, books, parent stories, articles, newsletter and more)