Being Calm

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)

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