



# 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/resources-parents.htm](http://www.reachinginreachingout.com/resources-parents.htm) (videos, books, parent stories, articles, newsletter and more)