

DID YOU KNOW?

Did you know that taking a break from daily stresses is important for you and your child?

Although what makes you stressed isn't the same as what makes your child stressed, you and your child can learn how to relax and reset. Practice how to calm down and take care of yourself so you can be a good role model for your child.

Take a break when you have a lot of emotions to deal with.

FIND A PLACE IN YOUR HOME THAT CAN BE YOUR "CALM DOWN SPACE." Both you and your child can use it. A calm down space can be a pile of pillows or beach towel in any room, a bean bag chair, or even going under the dining room table.

You can keep a pinwheel and silly putty close to your calm down space. The pinwheel will help you and your child take deep breaths when you blow on it, and the silly putty will give you something to shape with your hands.

Be present and allow your child to express themselves (no judgment zone, hear them out).



PRACTICE HOW TO CALM DOWN AND TAKE CARE OF YOURSELF SO YOU CAN BE A GOOD ROLE MODEL FOR YOUR CHILD.



CHOOSE 3 OR 4 SIMPLE ACTIVITIES YOU AND YOUR CHILD CAN DO DURING THE BREAK THAT YOU ENJOY DOING. Taking a break can include both active things and calming things.

Follow your child's lead on what their body and mind may need.

HERE ARE SOME EXAMPLES:

- Go for a walk
- Go for a drive
- Take a shower or bath
- Play with fidget toys such as clay
- Draw or color
- Sing, dance, listen to fun or calming music
- Exercise and/or stretch



FUN & CALMING BREATHING SKILLS FOR CHILDREN (PSSST...ADULTS CAN USE THEM TOO!)

WHALE BREATH Take a deep breath in through your nose and hold it while you count to five. Then tilt your head up to exhale strongly through your mouth, just like a whale pushes water out their blow-hole. Repeat 5-10 times. This is a good breath to do when you're angry and need to calm down.



BUMBLE BEE BREATH Close your eyes and plug your ears. Inhale through your nose and quietly hum as you exhale, just like a bumble bee! Notice the vibrations in your head.

BUNNY BREATH Pretend you're a bunny sniffing a flower. Take three quick inhales through your little bunny nose then one long exhale through your mouth. Repeat at least three times.

SNAKE BREATH Breathe through your nose, and then slowly and smoothly breathe out with a hissing noise for as long as you can. Try this breath seated or doing cobra pose, arching up when you inhale and then slowly returning to your belly during your hissing exhale.

Rady Children's®

GROWING MINDS
In partnership with KOHL'S Careso