

# 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 three. Now breathe out while I count to three.”
- Pretend to blow bubbles
- Blow a cotton ball across a table

### Point out when your child is being calm

- “I can 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?”

- “What does calm feel like in your body?”



## PAUSE and THINK about calming throughout the day

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



## 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.

## Reaching IN...Reaching OUT<sup>™</sup> (RIRO),

is a set of resilience skills trainings designed to strengthen well-being and resilience in adults and children through role modeling and relationships.



Learn more at [www.wellington.ca/riro](http://www.wellington.ca/riro)



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Alternate Formats Available Upon Request.

# Be Calm



# Take Deep Breaths



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