

# HELP FOR PARENTS IN CALMING BIG FEELINGS IN YOUNG CHILDREN



Do you find yourself grabbing a tablet, your phone, turning the TV on, or giving your child whatever they want just to get them to settle down when they are upset or angry? Try these alternatives instead.



## MAD, ANGRY, EXPLOSIVE

▶ Screaming, crying, hitting, biting, pushing

- Roll up in a ball
- Exercise: push the wall, jumping jacks

- Listen to calming music, familiar songs, or stories
- Squeeze a stuffed animal or pillow



## UPSET, FRUSTRATED, OPPOSITIONAL

▶ Shutdown, refusing, arguing, complaining

- Breathe: belly breathing, square breathing
- Exercise: jumping jacks, push the wall

- Squeeze a squishy ball or toy
- Draw, color, or count out loud



## SCARED, ANXIOUS, UNSETTLED, TENSE

▶ Clingy, avoiding, crying, worrying, nervous

- Breathe: take a deep breath in through the nose and then slowly blow out a pretend candle
- Assign a helper task

- Draw a silly picture
- Listen to music
- Do a wiggle dance, pretend to shake it off
- Hug a stuffed animal or blanket



## SAD, BORED

▶ Withdrawn, crying, low interest, low energy

- Assign a helper task
- Draw or color
- Build with blocks
- Look at a book

- Walk or skip around the room
- Play with another child or a caregiver



## HAPPY, CALM, CONTENT

▶ Engaged, calm, smiling

- Sing or listen to songs
- Draw or color
- Skip

- Play with toys
- Help a friend
- Try something new

YOU helping your child calm teaches important life skills and builds important bonds. Just like big people, our little ones just need help sometimes!