

Calm Down Activities

Try some of these activities to calm your child when they're upset or are getting ready for bed.

Quiet Reading

Try sitting on the floor near an upset child and quietly reading a book aloud. After several pages they will likely be curious enough to check it out. If your child is already calm, snuggle up and read a book together.

Warm Bath

Run a warm bath. The sound of the water running will likely pique their interest and provide a soothing soundscape. Add bubbles, epsom salts, or essential oils for an extra level of comfort. Getting dressed into cozy pajamas directly out of the bath is icing on the cake!*

Rice & Beans

Pour several cups of uncooked rice, beans, or legumes into a large bowl or deep pan and add some spoons or small measuring cups. Let your child spend time pouring the rice between the cups and letting it fall between their fingers. Add some lavender or a few drops of essential oils if you have some on hand. Keep the rice in a marked, resealable plastic bag to use for the next time.**

Color Me Calm

Coloring is a calming activity for many people. If you spend time coloring with your child, you may find that it is calming for both of you!

Baby Burrito

Even big kids can be calmed by swaddling. Find a large blanket or sheet and snugly wrap your child as though swaddling a baby.*

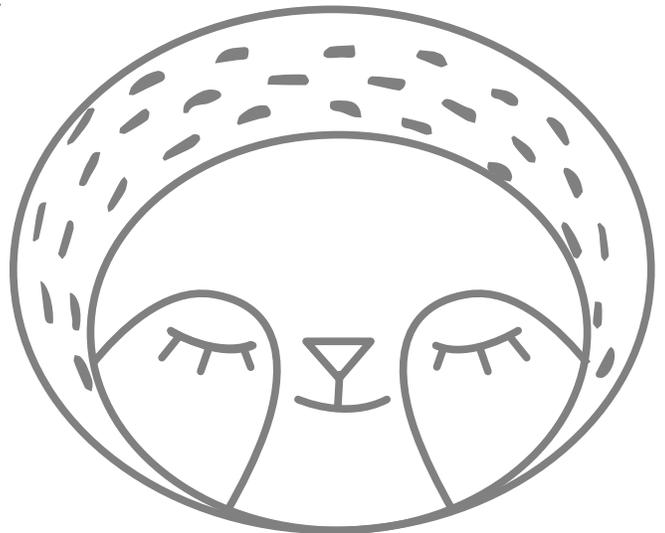
Deep Breaths

Demonstrate for your child taking a deep breath while counting to five with your fingers. Then demonstrate blowing out that breath while counting to five with your fingers.

Continue doing this while slowing down the pace of your count. You may want to add stretches to this exercise: Start in a squatting position with your hands and feet flat on the floor and slowly stand up and lift your hands way above your head while inhaling, slowly returning to the squatting position while exhaling.

Hug it Out

The personal connection and physical pressure of a hug can be very soothing. Try soft pats on the back, slowly rocking side to side, and quiet whispers in your child's ear during a good long hug.



*Do not leave children unattended in a bath or while swaddled.

**Choking hazard. Use caution with young children.