



What Is My Child Learning?

Your child is learning that sometimes feelings can be strong, and how to calm down strong feelings.

Why Is This Important?

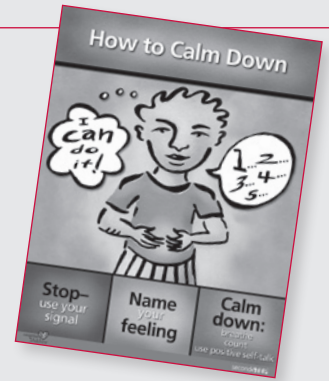
When children's feelings are very strong, it is hard for them to think clearly and pay attention. When children are calm, they are able to learn and get along better with others.

Ask your child: When you are starting to feel a strong feeling, what should you do first? *Second Step* answer: Put my hands on my tummy and say 'Stop.'

After you say stop, what should you do next? *Second Step* answer: Name my feeling.

Then what can you do to calm down? *Second Step* answer: Take belly breaths.

Can you show me how to belly breathe? Let your child lead you through belly breathing: Put your hands on your tummy. Focus on your breathing. Breathe in through your nose, making your tummy (belly) move out. Breathe out through your mouth, letting your tummy move in.



Practise at Home

When you notice your child having strong feelings, remind him or her to use the Calming-Down Steps. Then, together with your child, practise belly breathing. For example:

Your child is starting to get frustrated. **I see you're having a strong feeling. Put your hands on your tummy and say 'Stop.'** Wait for your child to say stop. **What are you feeling?** Help your child name the feeling. **Now let's belly breathe together.** Practise belly breathing with your child.

Activity

Help your child think of two scenarios when he or she often has a strong feeling and needs to calm down. Have your child name the feeling. Practise the Calming-Down Steps together after writing down each scenario and feeling.

1. Scenario: _____

I feel _____ . Practise the Calming-Down Steps.

2. Scenario: _____

I feel _____ . Practise the Calming-Down Steps.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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