


Parents: Helping Toddlers to Cope & Relax

	<p>Hold and rock the child gently, humming or softly singing a song.</p>
	<p>Hold child and breathe in slowly through your nose to smell a beautiful flower. Then slowly blow out the candles on a cake.</p>
	<p>Rub the child's back or brush hair gently off their brow, murmuring "that's okay, that's okay," or other reassuring words.</p>
	<p>Reduce stimulation in surrounding area. Dim the lights, turn off the radio or TV.</p>
	<p>Attempt to redirect to a favorite activity if child is not too dysregulated (highly upset).</p>
	<p>If something falls or goes wrong, say "uh oh," acknowledging the accident, while remaining calm and happy: model a calm response to problems.</p>

