

Calm Down for Parents: *Take a Moment and Relax!*



Self-Control

How Will Calm Down for Parents Help My Child?

Sometimes young children “pick up” on a parent’s stress and react by whining, being clingy, or showing aggressive behaviors. When parents take some time to calm themselves, they:

- Are more patient
- Relate better to their child
- Avoid yelling, hitting, or making threats they won’t or can’t carry out
- Often see improvements in children’s behavior
- Model an effective way to handle their strong feelings

What Can I Do?

When you feel upset, stressed-out, angry, or frustrated, practice the following steps:

Take 3 slow, deep breaths.

Count to at least 20.

Say: “*Calm Down. Calm Down.*”

Think about what you want to do next.

Notes & Tips for my child...

Rewards for Life!

Adults who know how to calm down and handle their stress, make calmer parenting decisions and help their children feel more calm. Teens and adults who know how to calm down make better choices, deal with conflict in more peaceful ways, feel more relaxed, and have more positive relationships.

These are general guidelines, not medical advice, for children ages 3 years and older.
Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children’s social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

