

# Ways to **CALM** YOUR CHILD

Try these techniques to help calm your child when he or she is experiencing trauma-induced stress:

Hugs,  
cuddling

Take deep  
breaths  
together

Allow your child  
to talk about the  
trauma through  
storytelling,  
acting,  
drawing, etc.

Questions to ask:  
“Where do you feel  
happy/sad?” “What  
does it feel like?”  
Encourage them to  
address whatever they  
are feeling in a  
friendly way.

Count to 100  
together

Validate their  
feelings (“*I know  
that you are sad/  
mad/upset.*”) and  
repeat, “*It will  
be OK.*”

Give them a sense of  
control with questions  
like, “What do you  
want to do?”  
“What would you  
like to have  
for dinner?”

Take a walk  
together

Rub the palm  
of their hand,  
back, head,  
arm, etc.

Remind them that  
they are safe (“*I am  
here now. That  
scary person/dog/  
situation is  
gone.*”)

Sit quietly  
with them

Read  
a story  
together



Each child is unique and could react differently to trauma. Work with your child to find what works best. It is most important for your child to know that their safety is of utmost importance to you. Children look to their primary caregiver for safety and well-being. It's best if you can remain calm and do these activities with your child to instill that sense of connection. Even if they don't seem to return your affection, don't give up! They do care and, most importantly, they need to know that you care, too.



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