

Ways to **CALM** your child

Each child gets relief from stress in their own ways. Do these strategies **with** your child. It helps them learn and you get benefits too. Even if they don't return affection, don't give up. They do care and need to know you care too.

Hugs,
cuddling

Count to 100
together

Allow/encourage expression
about the trauma through
retelling, drawing, acting, etc.

Body movement
(dance, walking)

Take deep, slow
breaths together

Sit quietly
with them

Provide a sense of control
(with questions like "what
would you like for dinner?,"

Read
together

Try auditory solutions
(noise cancellation,
music)

Use humor often,
avoid sarcasm

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

Describe feelings
you're seeing ("You're
sad/mad/upset.") and
repeat, "it will be OK."

Show your child
their safety is your
first priority

Take a walk
together



Children's Wisconsin

Kids deserve the best.