

# Relax

“When I feel stressed I need you to help me. My body works in tune with yours, so when I am stressed I need you to calm down! When you feel calm and comfortable, so do I. That calm relaxed feeling fills my body with chemicals that help my brain to grow.”

## Some Suggestions

- Try to end exciting play or activity sessions with a wind-down time in which you and your child can enjoy a few moments of calm.
- Try to have some time when you are just focused on the experience of being with your child, not on things you need to get done, or on people or events that have made you upset or angry.
- Relax into being a parent- the experience can be unfamiliar, scary or leave you feeling guilty or stressed, but all parents had to learn the hard way.

## Remember

- Older children can revert to baby stress patterns when they are tired, ill, over-excited, frightened, or anxious.

