



Be Your Child's Calm Center: Practices to Calm Your Brain

Your child's ability to calm themselves depends on your own! When your child is feeling big emotions the most helpful thing we can do is to use a brain calming practice to calm ourselves. For a brain calming technique to be effective, make it part of your daily routine. The best technique is the one that feels right for you and you are willing to practice regularly.

Key Takeaways:

1. To calm your brain under stress, make practice part of your day.
2. The best brain calming practice is the one you will use.
3. Types of practices - breathing, visualization, empathy, and muscle relaxation.
4. Give yourself permission to "begin again."
5. When you feel frustrated **S.T.O.P.**

