

Calming Strategies for Infants and Toddlers



I can...

- Use my body to self-soothe (e.g. thumb-sucking, rocking)
- Communicate my distress through crying or reaching
- I'm very responsive to your facial and body cues

*Watch over me
Delight in me
Help me
Enjoy with me*

-Circle of Security

Co-regulate by...

- Authentic and consistently positive interactions
- Notice my facial expressions and body language
- Respond to my distress quickly; it shows I am safe with you
- Connect with a soothing voice and eye contact
- Comfort me physically (e.g. gentle cuddles, swaddling).
- Sing softly or play gentle music for me
- Talk to me about my feelings; I'm just learning how to express my emotions
- If my crying frustrates you, please tag-off with another educator

Calming Strategies for Pre-School



I Can....

- Begin to recognize and **label** my feelings
- Begin to seek support when I feel overwhelmed
- Communicate my distress in various ways; I may not be able to fully explain the source of my distress
- Begin to identify what calm **feels** like
- Begin to identify what I **need** to be calm (e.g. comforting touch, quiet space)

Co-regulate by...

- Notice, label, and validate my emotions
- Stay close and present when I am overwhelmed
- Create a calming environment (e.g. calming spaces, visuals)
- Know what works for me (e.g. snack, hugs, books, fidgets, comfort items)
- Provide opportunities to practice calming strategies (e.g. yoga)

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