

# Ways to Help Your Child Relax: Infants and Toddlers

Infants and toddlers can experience stress when their needs are not being met, when they are in pain and uncomfortable, and when they are over-stimulated. You can help them relax and learn to calm themselves by giving them regular comfort and support. Below are some ways to help your child relax.

## Positive Touch

Touch is important for infants and toddlers. Gentle strokes and touches can help calm and relax infants and toddlers while you are bonding with them. Ways you can do this are:

- Holding your child's hand
- Stroking your child's hair
- Rubbing your child's back

## Repeating Movement or Sounds

Repeating movements and sounds can help your infant or toddler relax. It can also help them feel safe and secure. Ways that you can do this are:

- Gentle bouncing, swaying, or rocking
- Patting or rubbing your child's back
- Repeating sounds (i.e. shush, shush, shush, or sing familiar songs)

## Music and Sounds

Infants and toddlers love to hear familiar voices and can be calmed by music and words. Other sounds infants and toddlers like are nature sounds and calming sounds such as fans. These sounds often remind babies of being in the womb. Below are some types of music that can help calm your infant or toddler:

- Classical Music
- Piano/Instrumental
- Lullabies

**More information on back**

## More Information to Help Your Infant and Toddler Relax

### Websites

These websites have more information about relaxing:

- [babycenter.com](http://babycenter.com)
- [sleep lady.com](http://sleep lady.com)
- [scholastic.com/teachers/article/infants-toddlersactivities-activities-settle-soothe](http://scholastic.com/teachers/article/infants-toddlersactivities-activities-settle-soothe)

### Child Life Specialists

Child life specialists help children cope with the feelings they may have about their illness, injury, disability, or hospitalization.

To contact a child life specialist:

Call: The Child Life Education and Support Line: (816) 983-6870

Email: [childlifeambulatoryteam@cmh.edu](mailto:childlifeambulatoryteam@cmh.edu)

Children's Mercy Patient Portal: Child Life Messages