

# Ways to Help Your Child Relax: Preschoolers

Stress can cause behavior problems and affect how preschoolers learn. Below are ways to help children work through their stress and relax.

## Comforting Holds

Holding your child in your arms or on your lap can be very calming and can help a child relax during a stressful experience or situation. Holding your child can make him or her feel safe and comfortable.

## Distraction

Distraction can help your child focus on something enjoyable. It is important for you to support and interact with your child during distraction. Some examples include watching a movie or playing a game together, reading a book, talking about something that he or she likes, and blowing bubbles.

## Music

Soft tones and rhythm can lower a child's stress or anxiety. Types of music that can help with relaxation are: nature sounds, instrumental songs like piano or guitar, lullabies, classical music and familiar tunes. Relaxing music can help lower heart rate, lower blood pressure, and decrease stress.

## Relaxing Environment

Your child's environment can affect how he/she may feel. Over-stimulation can happen when many things occur at the same time. This can make your child feel stressed or anxious. It might help to turn off the TV, lower the lights, or turn down the music.

**More information on back**

## More Information to Help Your Preschooler Relax

### Websites

[stressfreekids.com](http://stressfreekids.com)

[kidsrelaxation.com](http://kidsrelaxation.com)

[sesamestreet.org/toolkits](http://sesamestreet.org/toolkits)

[youtube.com/watch?v=7zxBRBhxbNo](https://www.youtube.com/watch?v=7zxBRBhxbNo) (Sesame Street Belly Breathe song)

### Apps

- Breathe, Think, Do with Sesame Street

### 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