

Ways to Relax and Cope with Stress and Pain

For: Infants and Toddlers



Infants and toddlers can experience stress when:

- Their needs are not being met.
- They are in pain and uncomfortable.
- They are overstimulated.

You can help them relax and learn to calm themselves by giving them regular comfort and support.

Child Life Specialists

Child life specialists partner with families to:

- Support patients and siblings of all ages, including babies.
- Help children practice and develop skills, including play.
- Support patient and family coping while in the hospital and beyond your stay.
- Suggest comfort measures for procedures and pokes.

To contact a child life specialist:

Call: (816) 983-6870

Email: childlifeambulatoryteam@cmh.edu

Children's Mercy Patient Portal: Child Life Messages

Positive Touch

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

- Hold your baby.
- Stroke their hair.
- Rub their back.
- Hold their hand.

Repeating Movement or Sounds

Repeating movements and sounds can help your infant or toddler relax while helping them feel safe and secure. Some 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 singing 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.

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Resources



[Coping and Relaxation Tips - Children's Mercy](#)

Websites



babycenter.com



sleep lady.com