

# Ways to Relax and Cope with Stress and Pain

## For: Preschoolers



**Stress or pain can make it harder for preschoolers to manage their feelings and can affect how they learn.**

## Child Life Specialists

Child life specialists offer:

- Support for children of all ages about their feelings, thoughts, and questions.
- Information and materials to help you and your child learn about upcoming procedures and medical experiences.
- Coping resources and coping skills practice.
- Play sessions to learn more about your child and help them share their needs and feelings.

To contact a child life specialist:

**Call:** (816) 983-6870

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

**Children's Mercy Patient Portal:** Child Life Messages

## Comfort

Holding your child in your arms or on your lap can be very calming. This close contact helps your child feel safe, supported, and comforted.

## 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 of distraction include:

- Watching a movie.
- Playing a game together.
- Reading a book.
- Talking about something that your child likes.
- Blowing bubbles.

## Music

Soft tones and rhythm can lower a child's stress or anxiety. The 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 they feel. Overstimulation, which can occur when many things are going on at the same time, can make your child feel stressed or anxious. It might help to turn off the TV, lower the lights, or turn down the music.

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## Resources



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

## Websites



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



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



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



[Sesame Street Belly Breathe song](#)  
[cmkc.link/belly-breathe](https://cmkc.link/belly-breathe)

## Apps

[Breathe, Think, Do with Sesame Street](#)