

Ways to **CALM** YOUR CHILD

Try these techniques to help calm your child when he or she is experiencing trauma-induced stress:

Hugs,
cuddling

Take deep
breaths
together

Allow your child
to talk about the
trauma through
storytelling,
acting,
drawing, etc.

Questions to ask:
“Where do you feel
happy/sad?” “What
does it feel like?”
Encourage them to
address whatever they
are feeling in a
friendly way.

Count to 100
together

Validate their
feelings (“*I know
that you are sad/
mad/upset.*”) and
repeat, “*It will
be OK.*”

Give them a sense of
control with questions
like, “What do you
want to do?”
“What would you
like to have
for dinner?”

Take a walk
together

Rub the palm
of their hand,
back, head,
arm, etc.

Remind them that
they are safe (“*I am
here now. That
scary person/dog/
situation is
gone.*”)

Sit quietly
with them

Read
a story
together



Each child is unique and could react differently to trauma. Work with your child to find what works best. It is most important for your child to know that their safety is of utmost importance to you. Children look to their primary caregiver for safety and well-being. It's best if you can remain calm and do these activities with your child to instill that sense of connection. Even if they don't seem to return your affection, don't give up! They do care and, most importantly, they need to know that you care, too.



Children's
Hospital of Wisconsin

chw.org/childrens-and-the-community

© 2018 Children's Hospital of Wisconsin. All rights reserved. Children's complies with Federal civil rights laws. We do not discriminate based on race, color, national origin, age, disability or sex. Si no habla inglés, se programarán servicios de idiomas en forma gratuita. Llame al (414) 266-7848 (TTY: 414-266-2465). Yog hais tias koj tsis txawi hais lus Askiv, peb yuav teem sij hawm muab kev pab txhais lus pub dawb rau koj, Hu rau (414) 266-7848 (TTY: 414-266-2465). CS029 1118