

PARENT INFORMATION 4

The Triple B's 4 Calming Down

Calming down involves all three of 'The Triple B's' – 'Body', 'Breathing' and 'Brain.' The ability to calm down is a life skill – for the classroom, the playground, at home and at work; it's an essential skill for every adult and child.

This week, your child has learned how to calm down using The Triple B's. Relaxing the Body will come as no surprise as being a necessary part of calming tight muscles. The Brain has been covered in Parent Information 3's explanation of changing Stinking Thinking into Supa Thinking. You might think that Breathing doesn't need to be taught – being a natural and automatic action.

Breathing is the most vital part of the whole process. Rapid breathing signals to the brain that the body is experiencing stress – this could be the physical stress of running or emotional stress. Rapid and shallow breathing as the result of emotional stress is part of a pattern of anxiety, anger and feeling stressed. Rapid and shallow Breathing usually triggers the Brain into a thinking pattern – usually Stinking Thinking - which then leads to the Body tightening up, and the cycle begins.

Breathing, being a natural process, needs to be taught as a specific method in order for children to use it to calm themselves. Your child has learned about 'Bubble Breathing' as a method of bringing rapid and shallow breathing under control. This means a big breath in and then blowing out gently and evenly – just like blowing a bubble. Doing this three to four times sends more oxygen to the brain and the calming down process begins automatically. Your child will enjoy practising this skill with a container of detergent and a plastic wand; it's a real technique to breathe out slowly without bursting the bubble.

The poster that follows would be very useful to display somewhere at home. Encourage your child to practise the steps until they're able to run through them quickly and easily. Remember, this is a skill that they will be able to use for the rest of their life – even when they, one day, have children who create the need to breathe...breathe... and breathe again.

REFLECTION POINT:

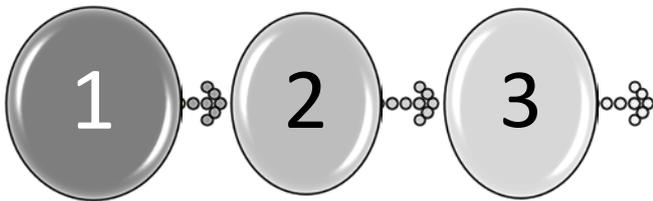
What do you do to calm down? Do you have a 'go to' strategy to help you step out, take a minute and bring yourself emotionally back under control? In parenting, this is a hugely useful skill - that can get quite a workout most days.

Have you had the thought, 'I'm going to take a deep breath and think a happy thought for a minute'? It's a good idea to show your child that you use the same method for calming down that they're using. It's a universal skill.

Simple Steps 4 Calming down

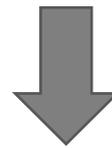


Sit still
No talking
Look at something

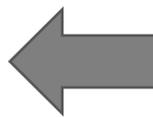


Breathe in slowly
1..2..3..
&
Bubble Breathe out
slowly

1..2..3..



Do Supa Thinking:
'Chill out'
'I can do this'



Keep going 'til your
heart & brain feel
calm, your legs &
arms are soft & floppy
You're a HERO!