

TINY BITS (BETTER INFORMED TOGETHER) FOR FAMILIES WITH YOUNG CHILDREN

DAUPHIN COUNTY MH/A/DP
FEBRUARY 2023 TINY BIT

Breathe, Think, Do!

Everyday life is full of challenges big and small! When you give children the tools to overcome obstacles, you help them learn and grow. Providing your love and support through everyday challenges is the first and most important step in helping children develop the confidence to overcome anything they face.

Frustration is a normal part of life, but it can overwhelm children and bring up a lot of big feelings. You can help them to use the “Breathe, Think, Do” strategy to calm down, identify their feelings, and work to solve their problem. In challenging situations, taking slow, deep breaths can help children calm down and solve problems.

Breathe

First, help your child calm down.

- Encourage them to put their hands on their bellies and slowly take three deep breaths, in through the nose and out through the mouth.
- Ask them to whisper, “calm down” (or another encouraging phrase) to themselves.

Think

Next, help children understand their problem and think about a plan to solve it.

- Encourage little ones to tell you how they are feeling and why. You can help them find the words by telling them what you notice (“It seems like you feel frustrated because you are having trouble putting on your sweater.”).
- Help come up with a few different plans for solving the problem (such as unbuttoning the top button).

Do

Encourage children to choose a plan and try it out.

- Ask, “Which plan is best? Let’s try it!”
- If the plan does not work, ask, “How else could you do this?” and then try the next plan.
- Remind your child that learning new things takes practice. It is not that they cannot do it; it is that they cannot do it yet.

Resource: **Breathe, Think, Do App**- Help a monster friend with big feelings learn to calm down and solve everyday challenges. Get now at Apple Store, Google Play or Amazon App Store

Excerpted from: <https://sesamestreetincommunities.org/topics/resilience/?activity=breathe-think-do>

