

# RELAXATION TECHNIQUES

FOR AGES 3+



*oh baby consulting*



## *relaxation* BENEFITS

Introducing young children to relaxation techniques will give them tools to help them grow with resilience, confidence, and self-esteem. A few moments of relaxation each day can help improve children's nighttime sleep and daily concentration + focus.

Relaxation exercises can also help with a variety of behavioral problems and is vital for physical, mental, and emotional health.



## FIZZY LEMONADE

Jump up and down or shake your body as fast as you can for as long as possible. Now stop and feel your body fizzing like a carbonated drink.

*This exercise helps children feel the energy in their body and helps to notice the difference between moving and relaxing.*

## BUTTERFLIES

Give yourself a massage and let your fingers lightly flutter like a butterfly all over your face, neck, chest, and arms.

*This exercise helps your child understand how a gentle massage can help their body feel good.*

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## PENCIL

Stand or sit up tall with your legs together. Raise your arms above your head and clasp your thumbs together with your fingers pointing upward. Stand/sit very tall and stretch your whole body towards the ceiling, squeezing your legs together and squeezing your arms against your ears. Squeeze your whole body as tight as you can. After about 10 seconds of squeezing tight, let your arms fall down to your sides and relax.

*This exercise shows your child how a good stretch that is held for a few seconds can help their body feel relaxed and energized.*

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## THUMB MASSAGE

Hold your left hand with your right one, placing your thumb in the middle of your left palm. Very gently stroke and circle your thumb around your palm.

*This exercise is designed to help your child feel relaxed. You can encourage them to do it whenever they are feeling stressed or anxious.*

## ICY BREATHS

Imagine you are blowing on a cold window. Take in a deep breath, open your mouth, and breathe out very slowly and steadily. Can you see how misty the window is? Repeat 3-10 times.

*This exercise can help teach your child to control their breathing in order to feel relaxed.*

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## BUBBLE BREATHS

Imagine you are blowing bubbles into the room. Take in a breath. Slowly and gently purse your lips and blow into the room. As you blow out the bubbles, imagine they are filled with light and the whole room is filling up with a warm glow.

*This exercise will help your child use their breath and imagination to become relaxed.*

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## BALLOON BREATHS

Imagine you are blowing up a balloon. Take in a deep breath. Steadily and slowly blow up your huge balloon. Imagine the balloon getting bigger and bigger with each breath you give it. Close your eyes and imagine the balloon floating into the air. As you stand there, feel your body becoming very quiet and peaceful, swaying like the balloon. Repeat 2-3 times.

When your child is feeling angry, they can blow up a balloon, fill it with angry thoughts, put it on the floor, and stomp on it!

*This exercise will help your child focus on breathing deep into their stomach in order to relax.*

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## AFFIRMATION

Close your eyes and say to yourself quietly + repeatedly, “I am calm, I am quiet, I am peaceful.”

*This exercise is good for your child to learn how to use their thoughts to feel relaxed and peaceful.*

## BUTTER ON TOAST

Lie down on the floor and imagine you are a piece of butter melting on warm toast. Feel your whole body sinking into the floor as the butter melts. Enjoy the feeling as you relax your muscles.

*This exercise is good for helping your child to focus on relaxing their muscles.*

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# ABOUT OH BABY CONSULTING



*Hi! i'm Jamie*

I'm a wife, mom, and big-time sleep advocate. My passion (and my job) is to help exhausted and overwhelmed parents get their little ones sleeping through the night and taking restorative daytime naps so your child can thrive and you can recharge.

Sleep support comes in the form of one-on-one coaching or self-paced online courses. My resources are straightforward and no-nonsense; you won't find any fluff here. I want to make sure you are equipped with a plan + the support to see it through so we can strip away the trial and error and you can feel confident and clear about your child's sleep.

I believe that raising tiny humans takes a village, and no one has to parent alone. If you'd like more information about booking any of our coaching packages or courses, visit my website at [ohbabyconsulting.com](http://ohbabyconsulting.com) or email me directly at [Jamie@ohbabyconsulting.com](mailto:Jamie@ohbabyconsulting.com).

*Cheers to sleep!*

*xo, Jamie*

PEDIATRIC SLEEP CONSULTANT