

Additional Breathing Strategies



Hold up your pointer finger in the air

1. Pretend the finger is a flower and smell it
2. Pretend the same finger is a candle and blow it out
3. Child can use your finger or their finger



Hold up one hand with all fingers out

1. Start at the bottom of the thumb
2. Breathe in when you go up a finger and breathe out when you go down a finger
3. Encourage your child to trace their own hand



Draw a box or use a square object

1. Trace square with your finger
2. Follow instructions (breathe in, hold, breathe out, hold)
3. Count out loud for your child



Caregiver Tips and Tricks



- Understand that your well-being matters too.
- You need to put on your own oxygen mask before you can help others.
- Your child is not giving you a hard time; they are having a hard time.



Scan for more breathing strategies.



THERAPY...
AND A WHOLE LOT
MORE!

