

# Additional Breathing Strategies



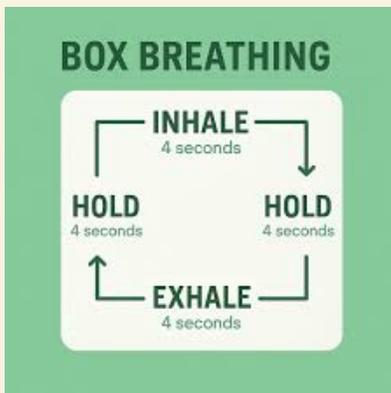
\*Hold up your pointer finger in the air\*

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.

