

# Things That Will Help Me Stay Calm

## Infants

Try to understand what my behavior is **communicating**.



Provide a consistent **routine** for feeding, nap time, and diaper changes.



**Connect** with me throughout the day:

- Talking
- Smiling
- Hugging
- Singing
- Holding
- Pausing to let me respond with a smile, action, or a sound.



**Interact** and play with me where I can see you.



Carry me (in arms or carrier) or let me sit **safely** at a level where I can interact with you.



Teach me about **emotions** by labeling them.

Did that noise scare you?

I'm feeling tired today.

The bunny in the book is smiling. He looks happy.



**Stay close** in new places and with new people.

**Help me** prepare for new or challenging situations (e.g., talk about what will happen, give me a comfort item).



More family resources at [ChallengingBehavior.org/Implementation/Family.html](https://ChallengingBehavior.org/Implementation/Family.html)

