

## **Method 2: Deep Breathing**

This is the relaxation method of breathing slowly and deeply. Show your child how to do it by breathing slowly and deeply yourself. Breathe slowly in through your nose for 2 seconds, hold your breath for 2 seconds, then breathe out slowly for 2 seconds. Repeat this several times so your child gets the idea, then have your child breathe along with you. Ask your child to silently count each breath in. Together with your child practice deep breathing for 20 breaths in and out. Then stop and talk about how relaxed you feel. To help your child concentrate ask your child to focus on counting each breath in.

Another way to help your child focus on deep breathing is to ask your child to close his or her eyes while practicing. Having your child practice deep breathing while having a warm bath may also help your child to relax. If your child is 10 or younger, make a game of Deep Breathing by asking your child to imagine being a Kung Fu Master practicing relaxation, or a Deep-Sea Diver or Astronaut conserving air. If your child feels any discomfort practicing Deep Breathing, try another method. If your child is able to practice Deep Breathing, instruct your child to practice Deep Breathing whenever he or she feels tense.