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





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

AOns

I'm feeling tired today.

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







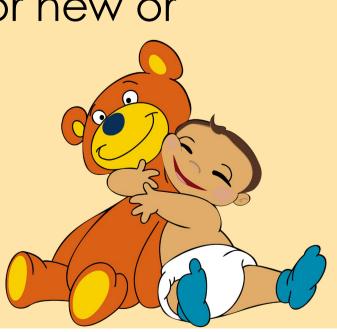




Stay close in new places and with new people.

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





