

# 4 strategies to promote calm

*'When little people are overwhelmed by big emotions, it is our job to share our calm, not join their chaos.'*

-L.R. Knost

1

**Notice the child's feelings and offer empathy.** Let them know it's OK to feel this way.

2

**Speak in a calm tone.** The child will absorb your energy.

3

**Decrease sensory stimulation.** Take the child to a cool, quiet place.

4

**Co-regulate by modelling behaviour.** Remind the child they are in a safe environment and try to keep your own emotions regulated.

You can find more strategies and support at [www.viac.com.au](http://www.viac.com.au)