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# Conscious Discipline: Breathing Techniques for Calming

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# Welcome!



As parents we want to support our little ones during tough times. However, adults can't help children navigate upset feelings and reach a calm state unless we are composed ourselves. In this workshop we will learn about Conscious Discipline's four core active calming and breathing techniques.

# What is Conscious Discipline?

Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families.

Focusing on self-control and confidence-building for both parent and child, this approach teaches a series of linked steps to help families move from turmoil to tranquility.

Source: <https://consciousdiscipline.com/product/easy-to-love-difficult-to-discipline/>



# Why is breathing so important?



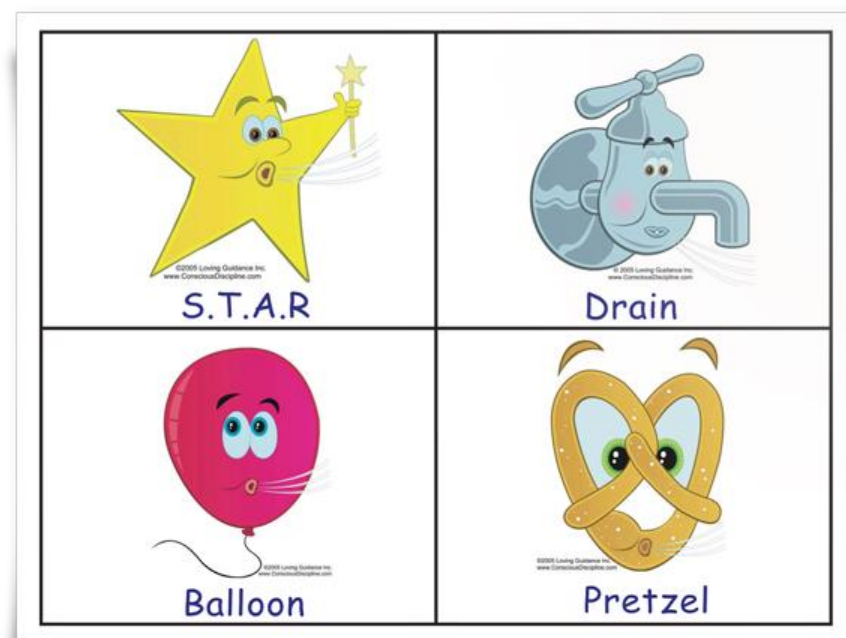
**Young children co-regulate with trusted adults and older children feed off our internal states.** Our calm nurtures their calm. Our distress increases their distress. Check in with yourself. How are you faring? Practice active calming by taking three deep breaths when you feel yourself becoming frustrated, fearful, angry or desperate. Seek out activities and call people who calm you.

Source: <https://consciousdiscipline.com/>



The first step in any discipline encounter or challenging situation is to take a deep, calming breath. Three deep breaths shut off the fight or flight response in the body.

We can also teach our children to breathe during tough times! The four core active calming techniques used in Conscious Discipline are S.T.A.R., balloon, pretzel and drain.



# S.T.A.R.



**S**mile, **T**ake a deep breath **A**nd **R**elax.  
Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

# Balloon

Place your hands on top of your head and interlace your fingers.

Breathe in through your nose as you raise your arms, inflating an imaginary balloon.

Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbpbpbpbpb” sound.





# Pretzel



Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.





# Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “sssshhh” sound and release all your muscles, draining out the stress.

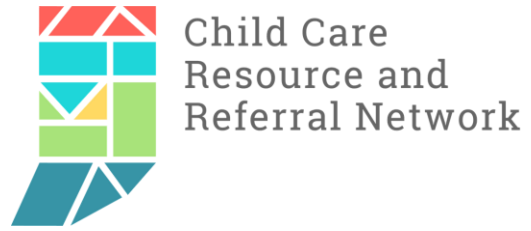




Remind yourself to breathe when you are feeling upset or facing a challenging situation.

Teach these techniques to children and find ways to incorporate them into daily activities. Encourage children to breathe when the going gets tough!





For more information go to:  
<https://consciousdiscipline.com/>

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