

Calming Strategies for Infants and Toddlers

I can...

- Use my body to self-soothe (e.g. thumb-sucking, rocking)
- Communicate my distress through crying or reaching
- I'm very responsive to your facial and body cues

Watch over me

Delight in me

Help me

Enjoy with me

-Circle of Security

Co-regulate by...

- Authentic and consistently positive interactions
- Notice my facial expressions and body language
- Respond to my distress quickly; it shows I am safe with you
- Connect with a soothing voice and eye contact
- Comfort me physically (e.g. gentle cuddles, swaddling).
- Sing softly or play gentle music for me
- Talk to me about my feelings; I'm just learning how to express my emotions
- If my crying frustrates you, please ask another educator to help me instead