

# Calming Strategies

## Infant/Toddler



### Infants and Toddlers can...

- Use their body to self-soothe (e.g. thumb-sucking, rocking)
- Use comfort items (e.g. blanket, stuffy)
- Communicate their distress through crying or reaching.
- Be very attune to your body language and facial expressions.

### We can support co-regulation by...

- Authentic and consistently positive interactions.
- Our facial expressions and body language.
- Responding to their distress quickly; It shows they are safe with you.
- Connecting with a soothing voice and eye contact.
- Comforting them physically (e.g. gentle cuddles, swaddling)
- Singing softly or playing gentle music.
- Talking to them about their feelings; They are just learning how to express their emotions
- Tagging-off with another educator, if we are unable to regulate our own bodies.

