



THE FAMILY CONNECTION UNIT 10 – STRESS & RELAXATION

Dear Family Member,
Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

Stress & Relaxation

Things you can do at home:

- Rub your child's back to help them relax and show them how to breathe deeply.
- Follow a routine at bedtime.
- Limit caffeine drinks - *like: Coffee, Tea, Pepsi, Coke and Mountain Dew.*
- Make sure your child has the opportunity to move. Sitting still can be stressful for young children. Go for a walk together.
- Have your child be creative (i.e.: drawing, painting, coloring) it helps them relax.
- Act silly with your child.

