

Belly Breathing

I am going to teach you to do belly breathing. Instead of breathing up in your shoulders, you are going to breathe way down deep in your belly. Put one or both hands on top of your belly near your belly button.

Take a slow deep breath in and feel your belly rise just like it was a balloon getting slowly bigger. That's right nice and slow and now let it out very slowly. Again take a deep breath in slowly and feel your belly gently rise and now just as slowly let the air out as you feel your belly go down. . . .Breathing in comfort and letting go of tightness. . . .slow and deep. . . . (The clinician should time her words to the child's breathing. If the child is breathing too fast, talk slower to pace the child's breathing to your voice.) *You might even notice the color and shape of the balloon.*

As I count to 3, breathe in 1 – 2 – 3 . . . hold it and as I count down slowly breath out . . . 3 - - - 2 - - - 1. . . In 1 – 2 – 3. . . and . . . out 3 - - - 2 - - - 1 (Always count slower on the exhalation.) - In 1 – 2 – 3- and out 3 - - - 2 - - - 1. . . In 1 – 2 – 3- and out 3 - - - 2 - - - 1

That's good. More relaxed with each breath. Strong with the breath in. Calm with the breath out.

Feel the gentle rise and fall of your belly with each breath you take. Each breath making you more and more comfortable. Hmmmm... Good. Strong with the breath in. Calm with the breath out.

Blowing up the balloon under your belly button with the breath in and slowly letting the air out as you and the balloon sink deeper into comfort.

That's right, very good. Breathing in comfort and letting go of worries. . . .slow and deep. . . .

Perhaps you are beginning to notice that each time you breathe out you let go of tightness in your muscles. . . .you let go of worries. . . .breathe in happy thoughts and let go of worries.

I wonder how wonderful it will be for you to discover how many different ways you can use your belly breathing to calm and comfort yourself. Anytime you would like to make your body and your brain feel better, to feel calm and more comfortable, all you need to do is put your hand on your belly button and start to take slow deep breaths, feeling the gentle rise and fall as you fill the balloon in your belly with your breath, filling it with calm and comfort.

Strong with the breath in and calm with the breath out. Breathing in good thoughts and then letting go of worries. Each time you breathe out you will notice that it takes you deeper and deeper relaxed, even more comfortable and calm. . . just breathing will do that. Then remember to feel very proud that you were able to give your body and your brain so much comfort and relaxation.

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