

# Anxiety Tools, Mom Style

	INFANT	TODDLER	PRESCHOOLER+	NO KIDS
4-7-8-4 BREATHING	Breathe in through your nose for 4. Hold for 7. Out through your mouth for 8. Repeat for 4 breaths.	Breathe in through your nose for 4. Hold for 7. Out through your mouth for 8. Repeat for 4 breaths.	Breathe in through your nose for 4. Hold for 7. Out through your mouth for 8. Repeat for 4 breaths.	Breathe in through your nose for 4. Hold for 7. Out through your mouth for 8. Repeat for 4 breaths.
BELLY BREATHING	Sit semi-reclined, with baby on your belly. Breathe into your belly, watching baby rise and fall.	Have your child place their hands on your belly and feel it rise and fall.	Teach your child! Place hands on your bellies and feel them fill with air as you breathe slow and deep.	Place one hand on chest and one on belly. Make sure your chest stays still as you send your breath to your belly.
GENTLE MOVEMENT	Put baby in a carrier for a walk (the skin to skin is a bonus!)	Stroller walk or a walk at your toddler's pace. If indoors, stretch together on the floor.	Eye-Spy walk. Take turns spotting things and describing them to the other so they can guess it.	Your choice!
RIGOROUS MOVEMENT	Body weight exercises with baby as added weight if recovered from delivery.	Play tag! Chase each other around the house or outside in the yard or park.	Mini boot camp. Jumping jacks, push-ups, lunges, and skipping together.	Your choice!
LAUGHTER	Get face to face with baby (on floor or your lap) and make slow, funny faces. See what they respond to!	Make funny noises and faces and have your child try to copy you.	Take turns picking and animal and having the other person make their sound.	Solo dance party, watch funny videos on YouTube, watch a stand-up special on Netflix.
SHARED ACTIVITY	Do tummy time together. See things from their perspective, and take the opportunity to do some stretching.	Color, craft, or play with play-doh together.	Dance party!	Your choice!