

# TRAUMASmart®

## 4-7-8 Breathing

*Deep breathing helps us relax by bringing oxygen to our brains so that we can think and make good decisions.*

Instructions: Have your children practice deep breathing by breathing in for 4 seconds, holding their breath for 7 seconds, then releasing their breath slowly for 8 seconds. Repeat 3 to 5 times as needed.

### *Considerations:*

Practice 4-7-8 breathing with your child as a way to relax before falling asleep.