

Deep Breathing

Breathing deeply lets your body take in necessary air (oxygen) and get rid of waste (carbon dioxide). This helps your body relax and make you more comfortable. Follow these 3 steps:

1. Take a deep breath in. Pretend your stomach is a balloon that you are filling up with air. Try to make your stomach look bigger. Count from 1 to 5 as you breathe in, then count from 1 to 5 as you slowly breathe out. Smile and relax the muscles in your face as you breathe out. Feel the tension leave your face, neck and shoulders. Repeat. Each breath should be comfortable, smooth and just like the one before it.
2. Add a short pause after each exhalation. Breathe in, breathe out, pause, breathe in, breathe out, and pause. Practice breathing this way for a few minutes.
3. Take a deep breath in and count from 1 to 4. This time, hold your breath for 7 counts, and then count from 1 to 8 as you breathe out very slowly. Repeat this 2 more times and see how relaxed it makes you feel.

Remember, deep breathing turns down that “fight or flight” response!

TO LEARN MORE

- Adolescent Medicine (206) 987-2028
- Adolescent Medicine Nursing Line (206) 987-3005
- Your Child’s Health-Care Provider

Children’s will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children’s Hospital. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s health-care provider.