



## Developmental Calming

The ability to calm oneself during times of upset develops over time as a child moves from a position of dependency to autonomous functioning. Younger children rely on their caretakers to provide limits and soothing. The child gradually develops effective coping skills as they are exposed to greater stress.

With each developmental sequence, children slowly internalize the ability to calm themselves. Each stage has predictable tasks that trigger the growth of new abilities. If all goes well, the calming functions that are needed to manage upset are internalized by the conclusion of adolescence.

<b><u>Developmental Stage</u></b>	<b><u>Acquisition Task</u></b>	<b><u>Calming Activity</u></b>	<b><u>Benefit</u></b>
<i>Infant</i>	Basic trust	Reading/singing	Rhythm/Rest
<i>Toddler</i>	Self-control	Holding	Limits/Nurturance
<i>Preschool</i>	Initiative	Play	Venting
<i>School Age</i>	Socialization	Belly Breathing	Comfort/soothing
<i>Preadolescent</i>	Measuring up	Relaxation	Body integrity
<i>Early Adolescence</i>	Body image	Exertion	Energy sublimation
<i>Middle Adolescence</i>	Rebellion	Music	Expression
<i>Late Adolescence</i>	Autonomy	Meditation	Centering