

# CALMS™

**The How's and Why's**, An Outline of the Guidebook

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## Why do **CALMS**?

- \*Babies are people.
- \*Babies are communicating all of the time and want to be seen and heard by their loved ones.
- \*Babies cannot manage their emotional experiences without the help of caregivers.
- \*Babies learn how to manage their emotions by feeling the feelings of the people caring for them.
- \*Babies learn about themselves by having others reflect their feelings back to them.
- \*When we are calm and able to listen and reflect what's happening for babies they calm down faster.
- \*Over time (several years) with consistent help from caregivers children learn how to manage their own emotional ups and downs in healthy ways.

**OLD WAY** of helping a baby who is upset.

### *BABY IS CRYING*

Parents and caregivers go straight to trying to get the baby to stop crying (“you’re ok, sh, sh sh!”)



**CALMS WAY** of helping a baby who is upset.

### *CALMS BABY IS CRYING*

**Check in with yourself.**

Pay attention to yourself first—see what alarms in your body are reacting to baby’s upset.

**Allow a breath.**

Take a moment to try to calm yourself down first.

**Listen.**

Try to get a sense of what baby is trying to communicate (*hunger, tired, discomfort, wet, needing a change or position or scenery, sad, angry, scared...*)

**Make Contact and Mirror the feelings.**

Let baby know that you are with him/her and that you see what he/she is experiencing.

**Soothe.**

Help baby calm down because he/she is not equipped to do it alone—Babies need to learn how to calm down in the midst of upset. They learn this through your care. If you are calm, patient, loving and compassionate they will eventually learn to do that for themselves.

## THE “HOW TO” OF CALMS

### How to Check In

Ask some basic questions and be honest with yourself. Are you feeling: *Scared, Angry, Frustrated, Helpless, Stuck, Stressed, Inadequate, Guilty, Hopeless???*

Another way to learn how to get in touch with your feelings is to pay attention to your body sensations. Ask yourself “What do I feel in my body?” Your body carries information about your feelings that your mind does not normally recognize. Scan your body for tension and other sensations, especially in these areas: *Jaw, Shoulders, Hands, Stomach, Pelvis, Heart/chest*

Most parents experience tense feelings and uncomfortable sensations in these places at some time or another. It’s normal and natural to feel emotionally overwhelmed and physically uncomfortable when you are stressed.

Acknowledging these feelings and finding the areas of tension are two ways to begin letting go. Just take it one step at a time.

### How to Allow a Breath

You can do this with your eyes open or closed, sitting or standing, and just about anywhere.

- \*Deeply inhale for a 4 count and then exhale as long as you can
- \*Imagine that a sense of calm is entering and flowing through your body with each intake of breath
- \*Repeat this a few times

Here are a few more ways you can practice self-care

- \*Slowly drink a glass of water
- \*Look out the window
- \*Go outside for some air
- \*Eat a healthy snack
- \*Feel your feet on the floor
- \*Tighten and relax your fists
- \*Make eye contact with another adult
- \*Get a hug or some physical contact from another adult
- \*Call a supportive, empathetic friend or family member
- \*Use positive self talk: “I can do this.” “My baby wants me to help him.” “I am doing my best.”



### How to Listen

- \*Slow down
- \*Get quiet inside
- \*Use all of your senses to observe your baby
- \*Pay attention to what your own inner voice is telling you
- \*Trust your instinct

## How to Make Contact and Mirror Feelings

- \*Think about what you hear, see and feel as you observe and listen to your baby
- \*Make comforting physical contact with your baby
- \*Talk to your baby about what you think is going on
- \*Leave your communication open ended, “It seems like you feel...” or “It looks like...” or “I wonder if...”
- \*Keep the dialogue going by checking in again and noticing your baby’s response to your words
- \*Notice your own feelings and keep breathing
- \*Continue cycling through the listening and mirroring steps for as long as it feels productive

Here are some examples of mirroring phrases that might be reflective. Keep in mind that your baby will respond best when you reflect the movements you see and the feelings you feel while listening. Your simple and genuine communication of the words you say and the way you say them, the expressions on your face and the way you move your body—conveys all of the information that your baby needs in order to understand your reflection.

“Oh baby, you are having a tough time.”

“I really hear you.”

“Yes baby, you are really upset. I see how upset you are.”

“I see that your eyes are closed and your face is scrunched.”

“I see how you are kicking your legs and moving your arms by your head.”

“You seem really frustrated right now.”

“That was a loud noise and it startled you.”

“I can see and hear that you are really crying.”

“I see you looking at me.”

“Wow, that's a big smile!”

“Oh, looking away.”

“That was a deep breath.”

“Big stretch!”

## How to Soothe

- \*Holding
- \*Breast feeding or close body contact
- \*Sweet sounds such as poems or songs
- \*Being worn in a sling
- \*Bouncing
- \*Rocking
- \*Going outside, feeling fresh air and seeing plants and animals
- \*Hearing white noise such as running water or radio static

### How to make your soothing efforts more effective

- \*Let your baby know that you are going to try one of the things that usually helps to calm and soothe him
- \*Watch his response and notice if he starts the calming and settling
- \*Be sure that you are offering, not pushing, the soothing activity onto the baby
- \*Continue to listen and reflect as you enter into the soothing activity
- \*Give each activity some time for baby to adapt to it

That was a deep breath.

*I REALLY HEAR YOU.*

**WOW, THAT'S A BIG SMILE!**

Big Stretch!

## IDEAS FOR SELF-CARE

### How to Check In

#### 30-60 SECONDS FILL UPS

These are great to use preventatively and when you and/or your children are heading towards a meltdown.

- \***Pause** Just stop what you are doing. Stop moving, stop talking. Stop. Just stop.
- \***Check in** Notice and name sensations you are feeling in your body, i.e. “My neck is tight, my shoulders are hunched, my stomach is in knots...”
- \***Admit** Say out loud how you are feeling “I’m scared and I’m about to lose it!” “I’m feeling angry and I’m about to blow my stack!”
- \***Breathe** Breathe in slowly for a count of four to eight and out for a count of four to eight. Do this at least four times.
- \***Drink water** Stand up and drink a full glass of water slowly.
- \***Look around** Say out loud ten objects you see around you, i.e. “Green plant, yellow bowl, red rug, colorful painting...”
- \***Outside** Walk outside for a minute and breathe in the fresh air.
- \***Make contact** If another adult is around make eye contact or ask for a hug. If you are only with your children look in the mirror and tell yourself that you are safe and loved.
- \***Big Hug** Eye to eye, skin to skin, heart to heart. Hang on until one of you breathes a big sigh of relief.

\***Pray/Meditate** Get still, close your eyes and connect.

\***Add your own**

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#### 10-30 MINUTES FILL UPS

These are some suggestions for when you are feeling crispy or on the edge of flipping your lid.

- \***Get wet** Take a hot shower or bath.
- \***Call a friend** Talk to an adult who can empathize and reflect with you and how you are feeling.
- \***Make tea** Make a cup of tea and sip it slowly.
- \***Move** Take a walk, do some yoga poses, do jumping jacks, run up and down the stairs...
- \***Eat** Make a healthy yummy snack and savor it.
- \***Music** Put on your favorite music. If you feel inspired, dance!

\***Add your own**

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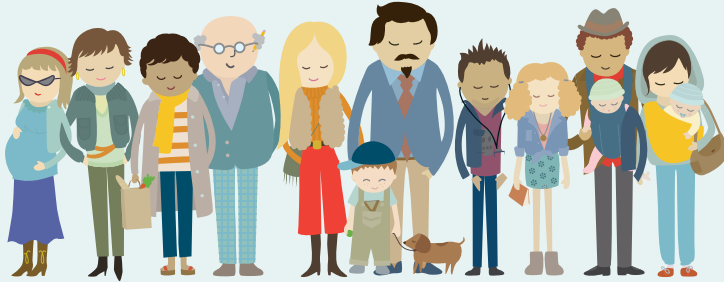
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#### 60 MINUTES OR MORE

These are some ideas for when you have time to maximize your fill up and/or you’ve been thought a very emotionally and physically draining time.

- \***Date** With your mate or with friends. Get out and have some adult time with people you love!
  - \***Exercise** Walk around the lake, take a yoga class, play tennis with a friend. Whatever brings you joy and gets you moving for at least an hour.
  - \***Movie** Go to a movie and get lost in a dark theatre and a great story.
  - \***Nap** Sleep whenever you can.
  - \***Music** Go to a concert.
  - \***Dance** Go dancing.
  - \***Add your own**
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Thank you!

Thanks for taking the time to learn more about CALMS. Fortunately and unfortunately, Debby and I have sold all of the books we printed. We have a re-write in the works titled *What Babies Want: Calming and Communicating with Your Baby*, which will be available later this year. Stay tuned for the release and other news at [carriecontey.com](http://carriecontey.com).



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