

Opportunities...

For winding down ...Exploring the world is very stimulating for your baby, and their energy levels and attention span will naturally go up and down during the day – as will yours! Having some calm time will help you both recharge your batteries. The ideas here can help you incorporate calming activities into your day.

Bubble time

MAGIC BUBBLES ... Bathtime is a perfect moment to enjoy blowing bubbles with your baby and can be a magical part of your baby's wind-down routine. Or try blowing bubbles outside, in the park or, if you have outside space, in the garden. Sitting on grass, blowing bubbles and watching these float on the breeze, can be incredibly relaxing.



Colouring time

DOODLES AND MARKS ... If your toddler enjoys making marks, get out some paper and crayons and sit with them while they scribble away. Chat quietly about the patterns they are making and the colours they have used. This gentle activity can be a great way to transition from livelier, active play, perhaps calming your little one before a meal or in the run up to their bedtime routine.

A change of scene

TAKING A WALK ... Taking your baby out in the buggy or having a short walk with your toddler, whether in the park or even just to the shops, can create a restful moment in the day. The change of scene and welcome fresh air allow you both to enjoy some quiet time without activities and games.

ENJOYING NATURE ... Being in nature can soothe babies and adults alike. A trip to the park – seeing the ducks, feeling the grass and enjoying the breeze – can calm your baby. Chat about what you can see – perhaps point out clouds or how the sunlight dapples through the leaves.



Stories and songs

SHARING STORIES ... You can cuddle up for a story at any time, but there are moments when this can be especially calming. Try sharing a story after a busy playtime or before a meal and, of course, at bedtime to create a quiet, calm mood.

SOOTHING LULLABIES ... Try singing a gentle song or listening to some rhythmic music on car journeys, at bathtime, or at bedtime. A soothing lullaby can also be helpful if your baby is overtired and fractious and simply needs to be held close, listening to your voice.

Tidying away

ALL IN ORDER ... Quiet tidy up time can be a regular feature of your baby's day. As well as tidying up toys after playtime, tidy away picnics, after meals, and put clothes away at the end of the day. This helps your baby adjust to the ebbs and flow of the day and provides a reassuring sequence to events.

