

Name of Child: _____ Date: _____

Deep Breathing Exercise

Deep (or diaphragmatic) breathing:

1. Breathe in through your nose deeply and slowly.
 2. As you breathe in, relax your stomach muscles and allow your stomach to rise. Your chest will move very little.
 3. Hold your breath for a count of 5 seconds.
 4. Slowly blow out your air with your mouth, and allow your stomach to naturally fall on its own.
 5. Hold your breath again for a count of 5 seconds.
 6. Repeat this 10-20 times.
- When in pain or stressed, the body can cause your heart rate and blood pressure to go up. Deep breathing exercises can help calm the body and help you cope with pain or stressful situations.
 - Remember to practice this exercise about 5 times a day for at least 10-20 breaths.
 - Practice this when you are calm. Stop if the breathing exercise increases your pain, you feel more stressed, or you feel light-headed.
 - Practice this exercise in the position you feel most comfortable in: standing up, sitting, or laying down.
 - By following this deep breathing exercise, you should be breathing about 4 times per minute. However, if breathing a little faster or slower is more comfortable for you, that is okay.
 - You should also do this exercise at night as you are laying in bed. Do this type of breathing until you fall asleep. Do not worry about counting since that may keep you awake.
 - You should not do this breathing exercise while doing physical activities, such as running, riding a bicycle, or lifting weights.

Now that you've read this:

- Show your nurse or doctor how to do deep breathing. (Check when done.)
- Tell your nurse or doctor how often you will do deep breathing exercises. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or
- call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)
Twitter: @emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

September 25, 2017 • In family review
#1781 • Written by Mark Popenhagen, PhD
Illustrated by Irene Takamisu

Deep Breathing Exercise

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!