

## Patient information

# Tummy breathing for younger children

Aim for 5 minutes a day:

### 1. Position

- Lie back comfortably with pillows under legs/head
- Or sit with legs crossed on the floor or in an upright chair

### 2. Diaphragm movement

- If lying down: place a soft toy on your lower tummy and watch your toy rise up and down as you breathe in/out (through your nose)
- If sitting: imagine you have a balloon in your tummy; place your hands on your tummy – imagine you are placing your hands on the balloon and try to feel the balloon in your hands – every 'in' breath the balloon inflates, every 'out' breath the balloon deflates (remember nose breathing)

### 3. Relax the flow and volume of the air

- Gentle breaths, quiet, nose breathing

Try and breathe relaxed like this for at least a minute, maybe choose some nice music or think about a nice dream or holiday with your eyes closed (it helps to picture this in your mind!), or your mum or dad could read a nice story.

As you have to nose breathe with this tummy breathing exercise, you must have a clear nose, so before this exercise, gently blow your nose.

## Contacts and resources

[www.physiotherapyforbpd.org.uk](http://www.physiotherapyforbpd.org.uk)

*(geared more towards parents than young children)*

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West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nhs.uk](mailto:info.gov@wsh.nhs.uk). This will in no way affect the care or treatment you receive.

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