

**Stress Management: Controlled Breathing – Video Transcript****Demonstration 2: Dr. Michael de Arellano explains controlled breathing**

Therapist: So, you lay down and I do this with the child and I demonstrate. I have the child who's sitting there and watching me. And what I'm going to do is put this cup on my stomach and I'm going to take a deep inhale into my stomach and my goal is to move this cup up as much as I can. Because where we're used to breathing, we're used to breathing into our chest. We sort of [shallow breath] into our chest. But when you're set in this position it's a lot easier to watch your stomach go up and down and watch the cup go up and down. So I'm going to breathe into my stomach and let that gut come right up. And then blow it out slowly. The first thing I want to teach them is to get that cup up as much as possible ... and then blow it out. And you see them and you get them to do it. And you want to use the rubber ducky? You get whatever you can to get them to look at it and move it up. And then let it come down. Once I know they can do that I say 'Okay, now on the exhale, I want you to make believe that you are blowing the air out of a balloon. Like it's kind of coming out and hissing out slowly. And I want to hear a hiss.' You want to do that because the hissing makes it, allows the child to hear something to monitor the breath coming out. So take a deep inhale and you try to stretch out the exhale as much as possible. And that's your goal and sometimes you make it like a game. Okay, let's see who can stretch out the exhale more. And so you're going to play with this child and you're going to say 'Let's see if you can do it as long as this.' And of course, let the child win some a bit so that they can get the exhale, so they can get some efficacy. But the goal is to take a deep breath as much air as possible and you're doing it into your belly because basically you're expanding the lung capacity. You're allowing more oxygen to come in and you hold it, but you hold it very briefly at the top, and you let it hiss out, hiss out, hiss out, hiss out...

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