

## Diaphragmatic breathing exercise

1. Find a quiet spot where you can lie down with your head and back raised and your knees bent. Place a small pillow or rolled towel under your head so that it is well supported and your chin is slightly tucked. Relax your shoulders and neck muscles.



2. As you breathe in and out, watch what parts of your belly, chest, and shoulders move. Which area moves the most? Which area moves when you breathe in? Which area moves when you breathe out?
3. Place your hands on your belly. Close your mouth and breathe in through your nose. Did you feel your belly rise? Now each time you breathe in, breathe into your belly expanding it into your hands, so your belly rises with each breath in. Do this slowly and steadily 3 to 4 times a day; then rest. Stop if you feel dizzy or light-headed.
4. Once you can maintain a diaphragmatic breathing pattern when you are lying down, try to do it in other positions. While sitting, keep your hands on your belly. Breathe in to raise your hand. After you can do this well, try it while standing, and then while walking or climbing stairs.

### Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call your clinic.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our website: [www.childrensmn.org/A-Z](http://www.childrensmn.org/A-Z).