



# Peaceful Parents

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peacefulkidsau



# Parenting is...feels like..

Hard  
Easy  
Frustrating  
Annoying  
Exhausting  
Joyful  
Surprising  
Fun  
Endless  
Fills me with rage



Loving  
Tough  
Confusing  
Stressful  
Different to what I expected  
Easier than I expected  
Peaceful  
Seamless  
Hardest thing I've ever done



# Mindfulness

"In a family, if there is one person who practices mindfulness, the entire family will become more mindful."



Thich Nhat Han



Mind Full, or Mindful?



# “Caught up” in our thoughts





JAM

Just a minute



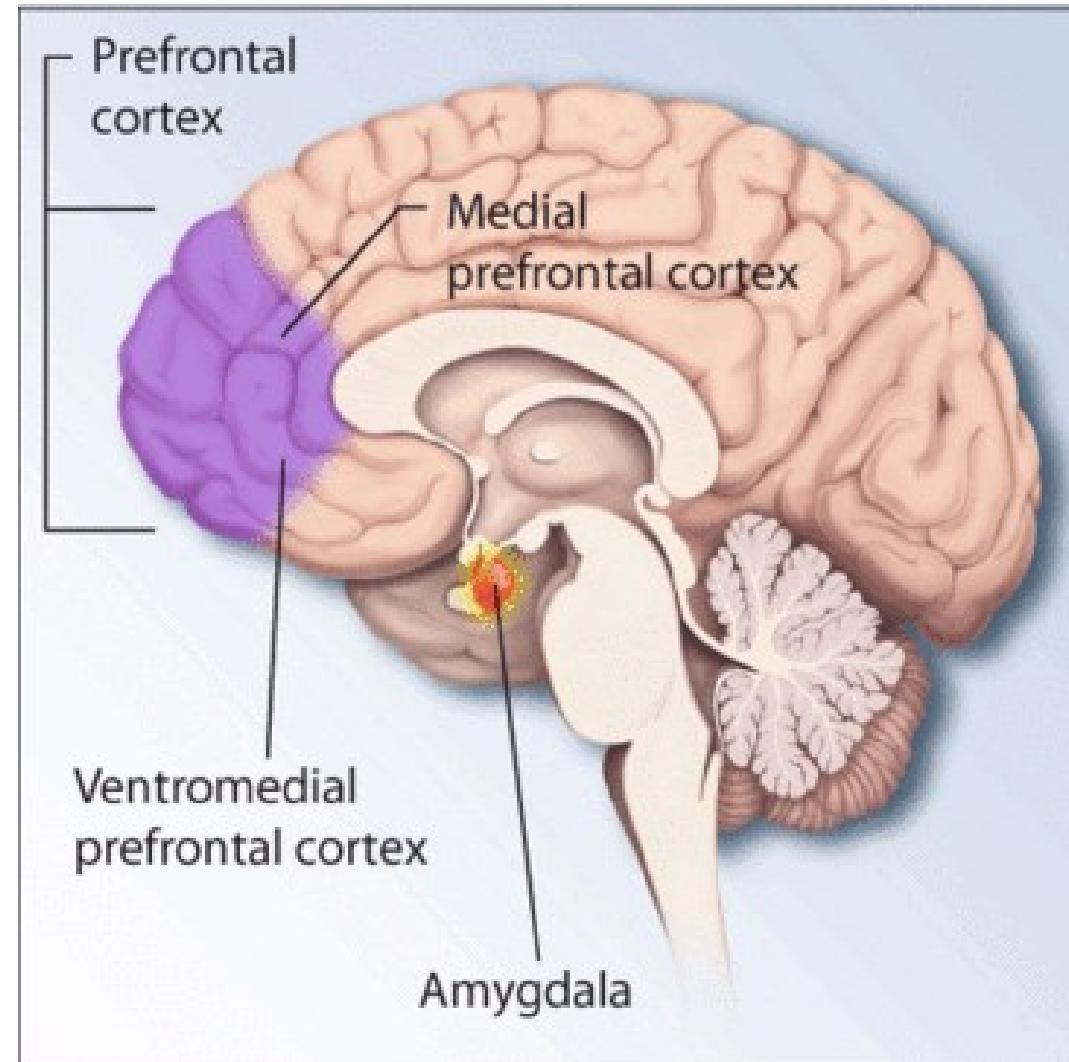


# Benefits of Mindfulness

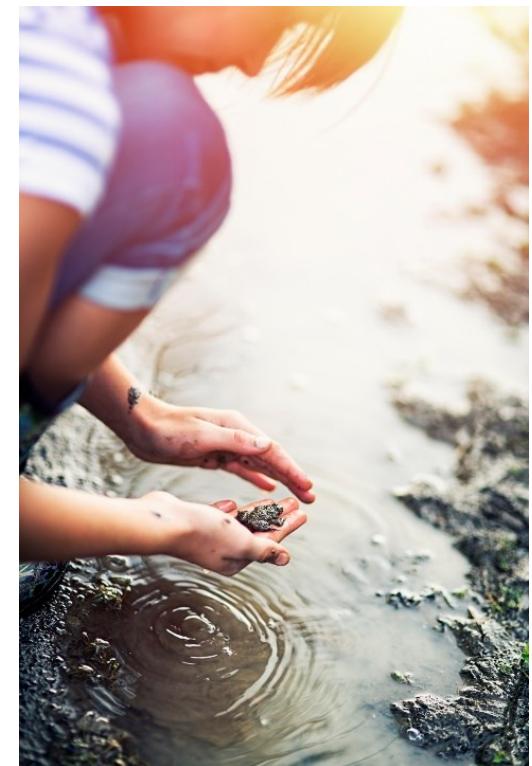
*Mindfulness has been scientifically proven to:*

- Decrease stress and anxiety
- Allow connection with the self and values
- Bring a sense of peacefulness and clarity
- Increase self-awareness
- Develop self-acceptance and confidence
- Bring emotional balance and stability
- Decrease worrying thoughts
- Allow compassion and empathy to grow
- Help to view experiences positively
- Decrease symptoms of anxiety and depression
- Improve physical symptoms
- Improve sleep
- Strengthen the immune system
- Dramatically improve concentration and memory

Mindfulness regulates the stress response by strengthening the 'noticing' or 'Thinking' part of the brain in the frontal lobes.



# Formal and Informal Mindfulness





# Regular Mindful Pauses



Practising little and often



# Choose 1 task to be informally mindful this week

Mindfully showering..

Mindfully drinking coffee..

Mindfully eating breakfast..

# Mindful Belly Breathing

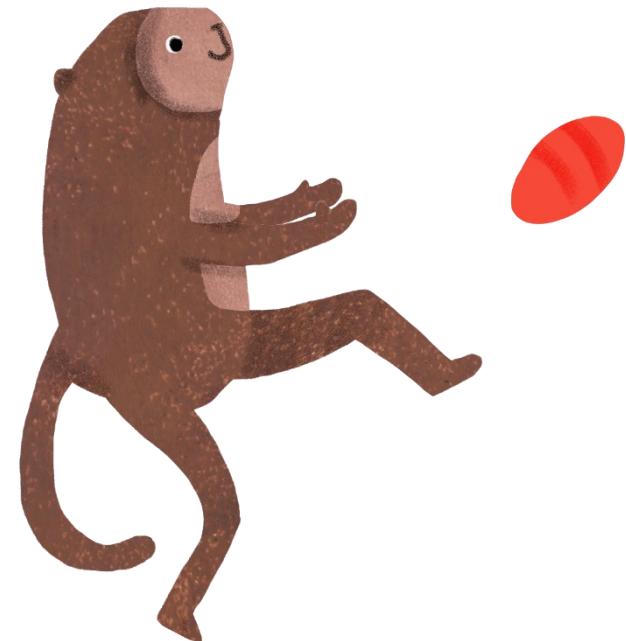




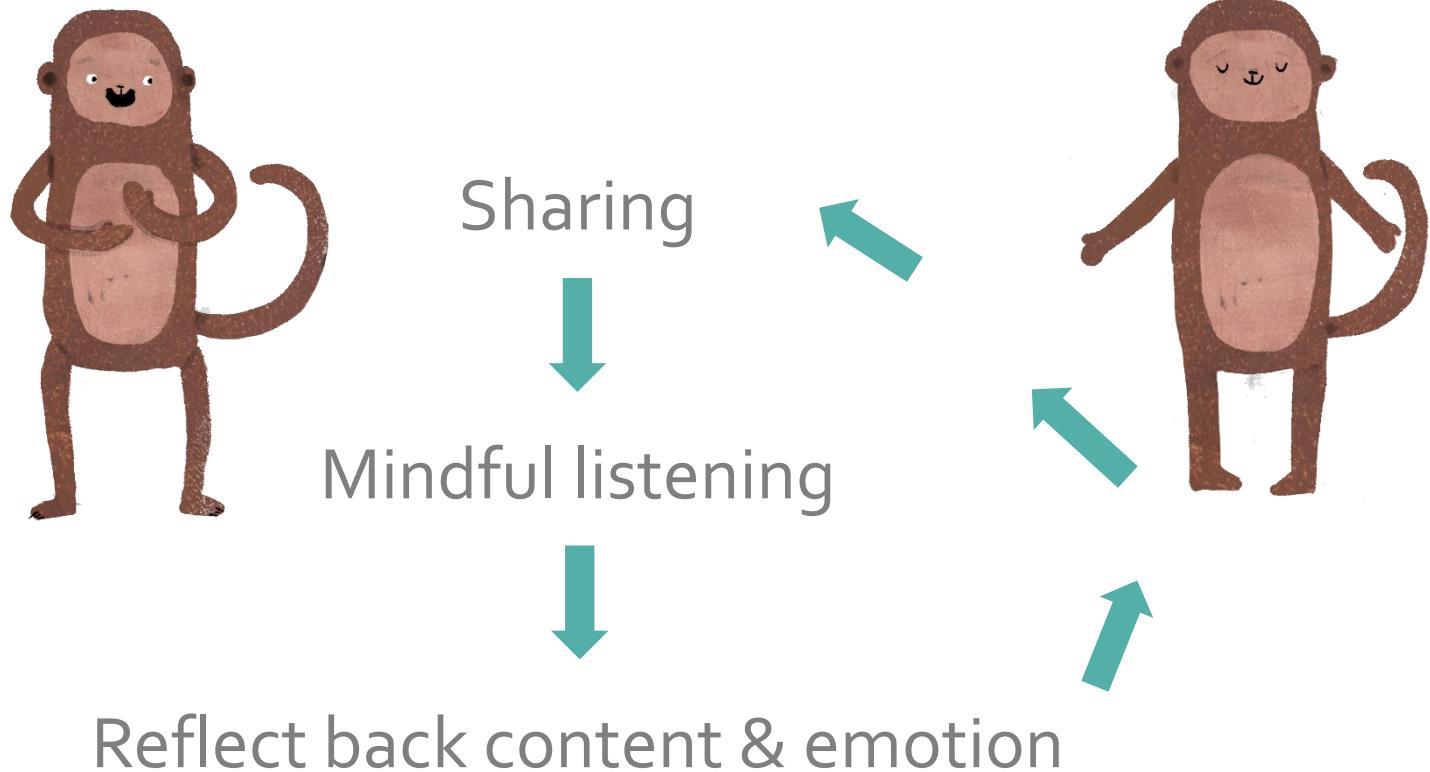
# Mindful Play Intention

Choose an activity or  
daily interaction with  
your child

Set an intention to try  
and be fully present  
during this interaction  
every day for a week –  
even 10 minutes



# Reflective Listening Technique





“Everyone laughed at me today when we were playing basketball. Jack called me a idiot and said I’m hopeless at throwing the ball. I’m not playing again at school”



Parent Mindfully listens & reflects back.  
Stays calm.



“Gee that must have been **embarrassing** for you when everyone laughed at you. You sound really **annoyed** at Jack too”



# Name it & Tame it

When we name an emotion it helps to tame the emotion

Validate Feelings



# Respond vs React



Take a  
Mindful  
Pause...

Co-regulating

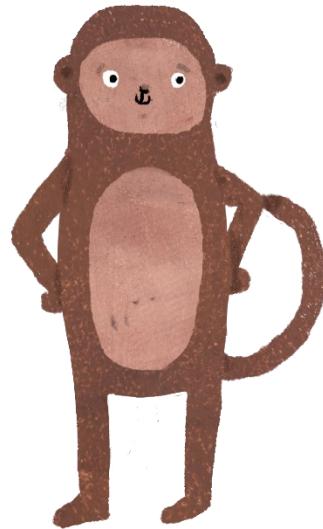




# Problem Solving



Builds  
Self-Efficacy

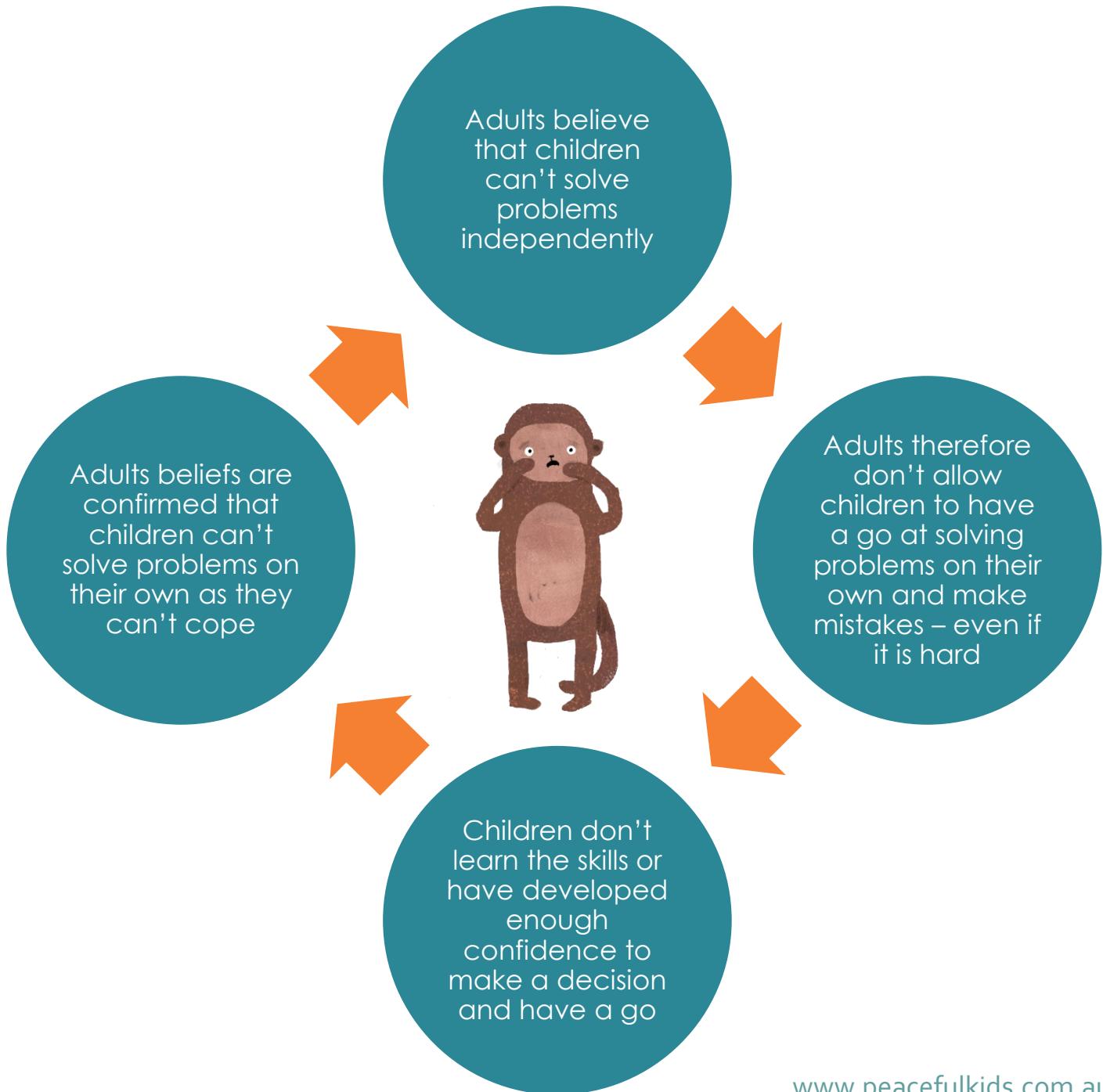


# Coaching Questions

“What do you think you  
could you do?”

“What would happen if you did  
this?...”

“What do you think could fix this?”





Time out each  
day to be in

*'Flow'*



NDD ?

FPDD ?



Nature Deficit  
Disorder

Free Play  
Deficit Disorder



# Self Care



YOU CAN'T  
POUR FROM  
AN EMPTY  
CUP! TAKE  
CARE OF  
→ YOURSELF ←  
FIRST.



# Peaceful Parents Meditations

Breath Meditation



▶ 00:32 08:40

Tense and Relax



▶ 00:00 00:00

[www.peacefulkids.com.au/meditations](http://www.peacefulkids.com.au/meditations)

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