



Peaceful Parents

Peaceful Kids

peacefulkids.com.au



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



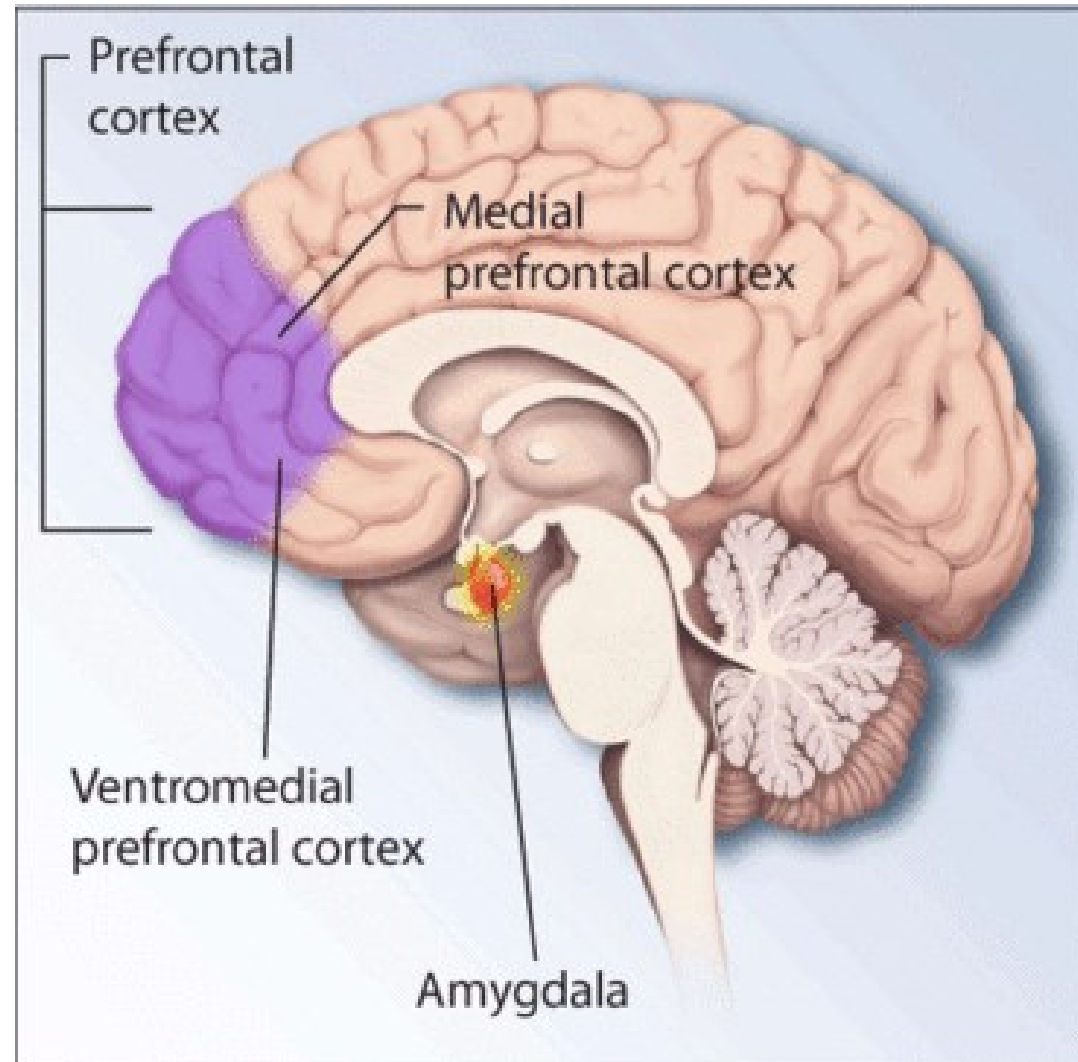


Benefits of Mindfulness

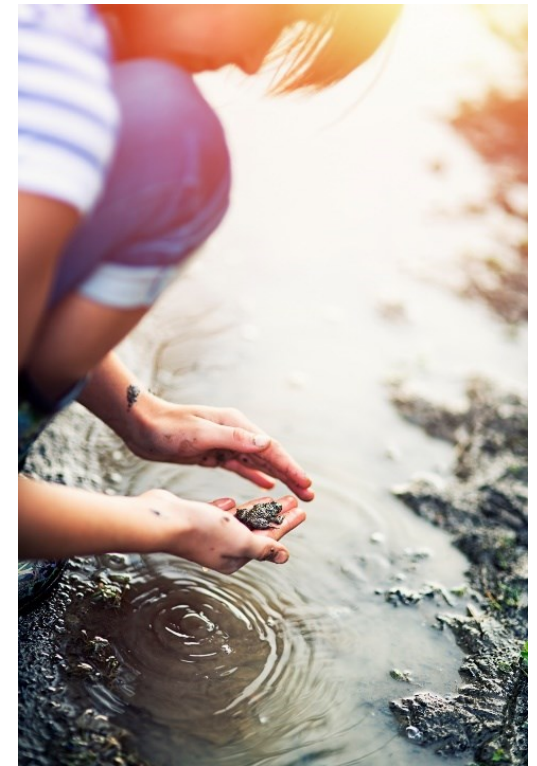
Mindfulness has been scientifically proven to:

- 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..

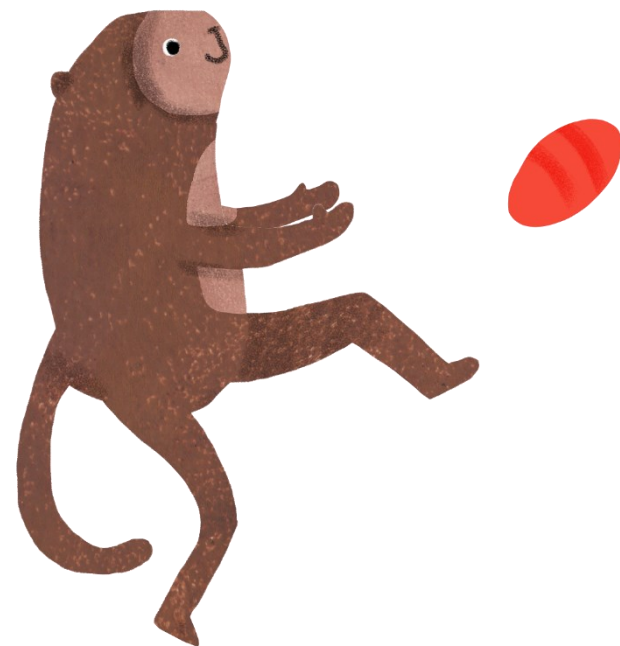
Mindful Belly Breathing



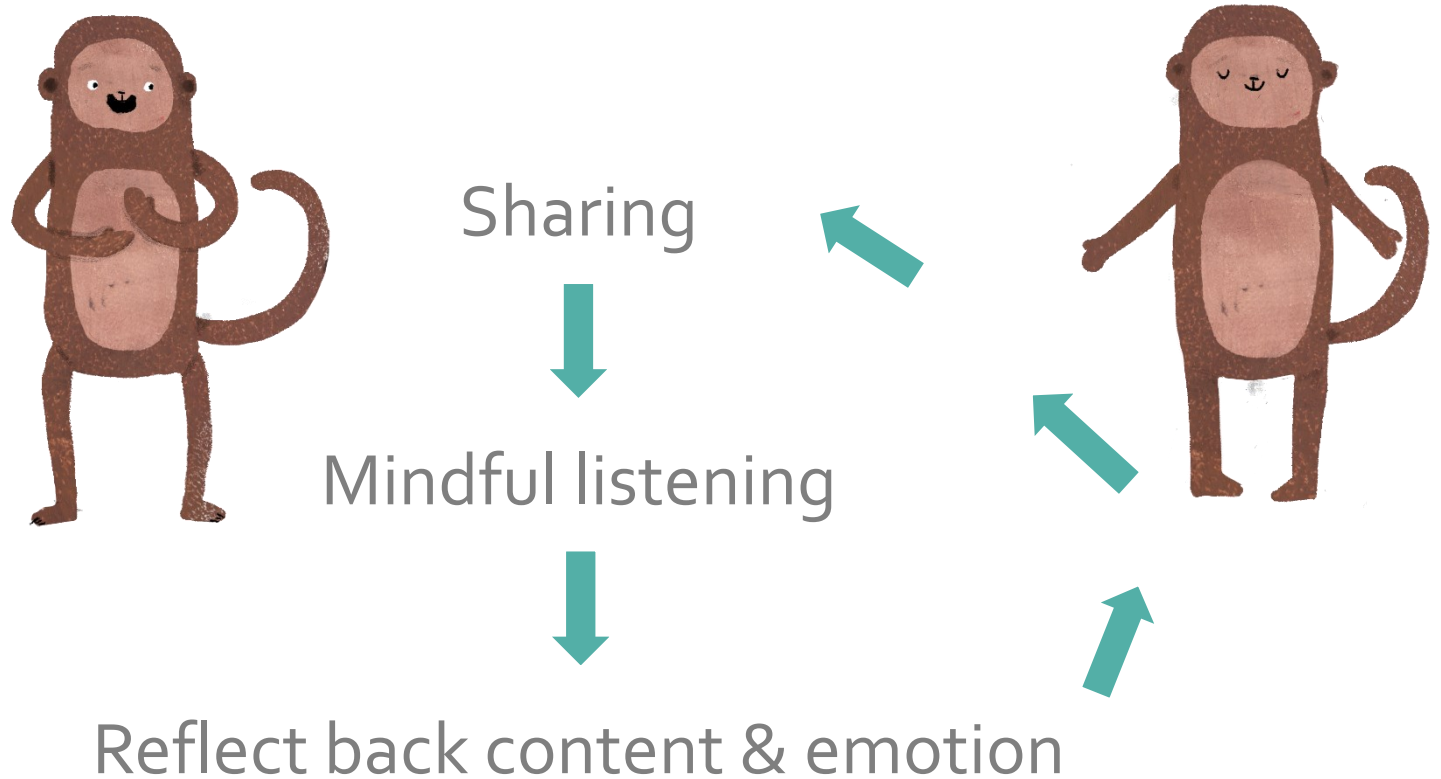
Mindful Play Intention


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



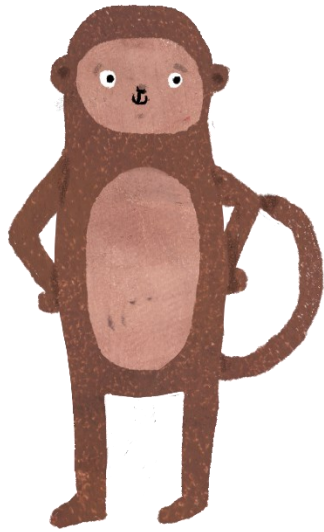
Take a
Mindful
Pause...

Co-regulating

Problem Solving

Builds
Self-Efficacy



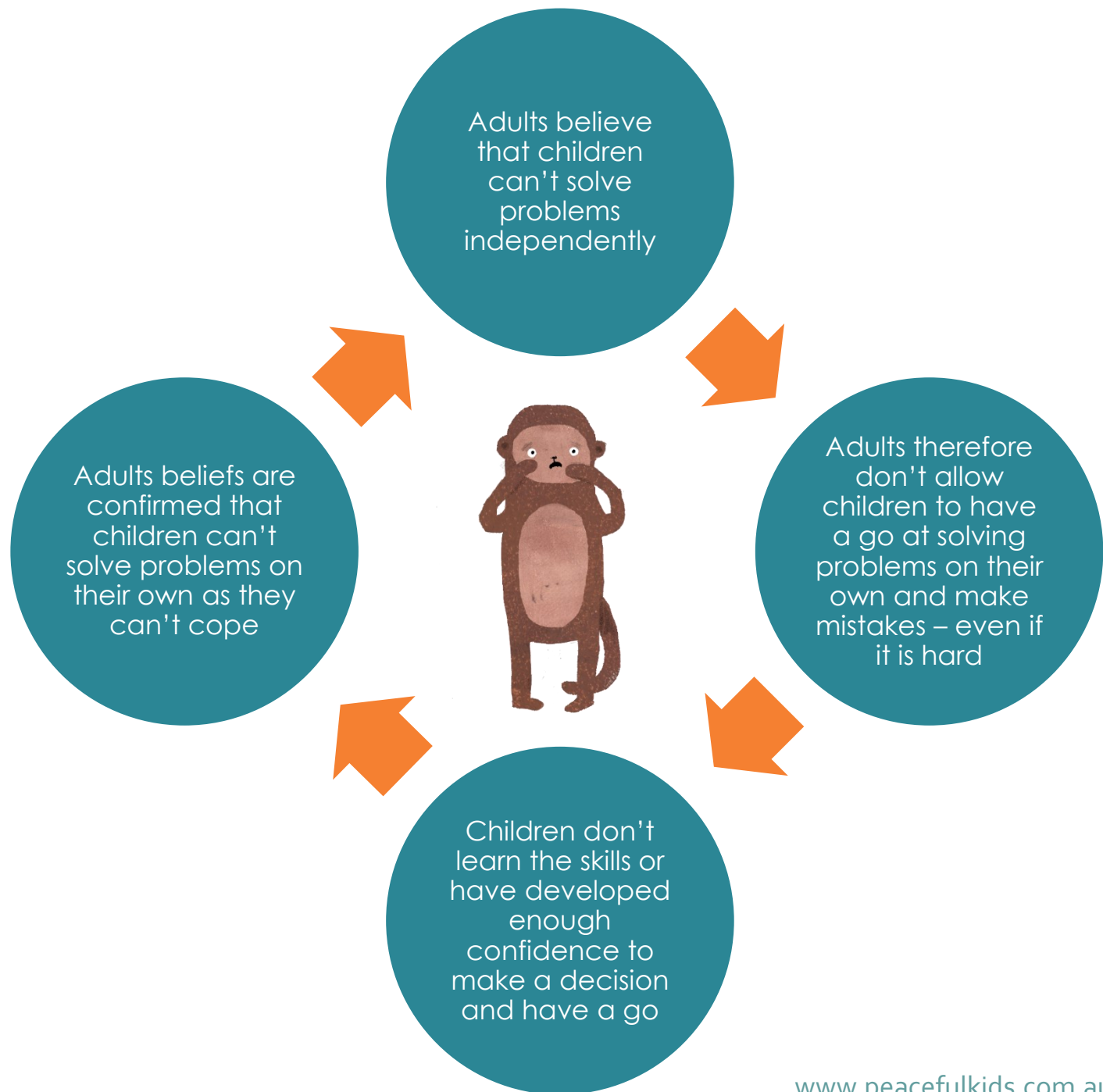


Coaching Questions

“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

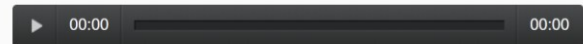


Peaceful Parents Meditations

Breath Meditation



Tense and Relax



www.peacefulkids.com.au/meditations



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