Child Led Time: Take a Moment

Notice your child’s eyes.

Notice your child’s mouth.

Notice your child’s face and facial expression. What might your child be feeling?

Notice your child’s hands.

Notice your child’s posture. What does it say?

Notice what your child is saying, doing, thinking. Enjoy that these come from your child.
Child Led Time: **Take a Moment**

**What to do:**

- **Clear the slate** - Set aside a short time that you have child-led time every day – BE CONSISTENT
- **Notice** - Observe eyes, facial expressions, body language, tone of voice, ideas
- **“Go with the flow”** – Respond to and go with each thing your child says, does
- **Enjoy** - Your child’s lead, comments, ideas, skills, and joy – Connect with your love for your child

Building skills you will use in more difficult moments
Build Consistency

ABC’s of Parenting

• Provide clear expectations
• Create conditions for success
• Reinforce expected, desired behaviors
• Consequences for problem behaviors
Be Calm:
Respond v. React in challenging situations

Mindfulness:
- STOP
- Willing Hands, Soothing Hands
- Parent Time Out

Goal:
- Be calm
- Be effective
Respond v. React

- **STOP**
  - **Stop**
  - **Take** 2 or 3 Paced Breaths
  - **Observe**, non-judgmentally
    - Observe yourself. Observe your child.
    - Without criticism, expectation, aversion, evaluation
  - **Proceed** Effectively

- **Willing Hands, Soothing Hands**

- **Parent Time Out**
  - Pace breathing
  - Willing hands, soothing hands
  - Vigorous activity, etc.
Be Wise

Mindfulness:
- Wise Mind

Goals:
- Be Effective
- Validate (see and acknowledge all sides)
Getting into Wise Mind:
• Drop into the pauses
• Breathe in Wise, Breathe out Mind
Be Wise

Practice being effective vs. being right

– Balance of Rational Mind and Emotional Mind
– Drop in the Pauses; Breath in “Wise,” out “Mind”
– Respond intentionally instead of reacting (what is the goal?)
– Check your inner wisdom:
  • What does my child need right now?
  • What will be effective?

How can I be warm, responsive and consistent in this moment?
Parenting with Mindfulness

Parenting:
- Warmth
- Responsiveness
- Consistency

Mindfulness:
- Be Present
- Be Calm
- Be Wise
Questions?

Mindfulness Classes:
MBSR, CARE
http://depts.washington.edu/ccfwb/events

Guided Mindfulness Practices:
http://depts.washington.edu/ccfwb/content/mindful-living-and-practice