

MINDFUL PARENTING

Interactive Strategies that Help Parents Recognize and Work with the Ups and Downs of Their Child's Middle School Emotions



Pickles by Brian Crane

November 16, 2015



P. Farrell 11/2015



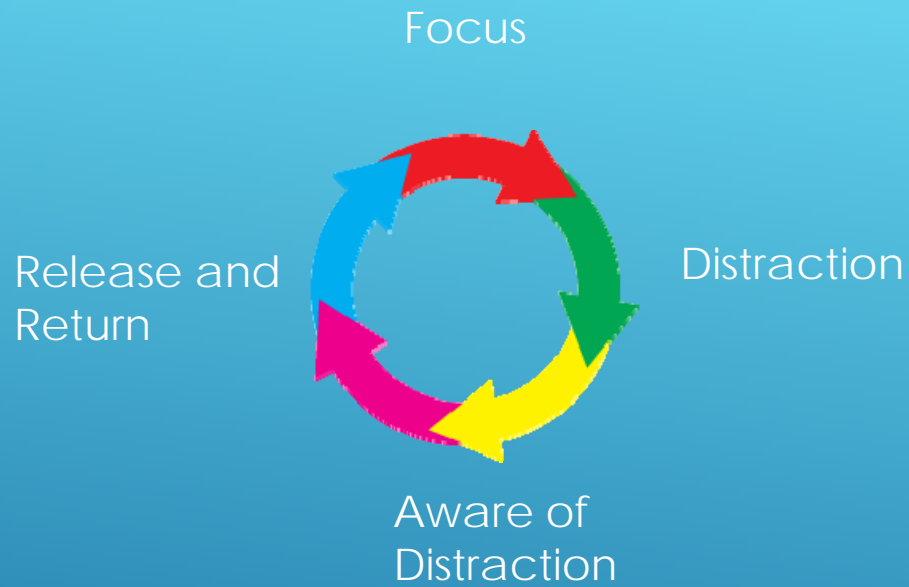
Activity-- Ballooning



Being Mindful



Be in the Present



The brain is a remote control and you can change the channel!
Mindfulness is moment to moment awareness of one's thoughts without judgment.


Circle of Mindfulness

- Focus
- Distraction
- Awareness
- Release and return



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www.mindfulnesscenter.org

BENEFITS OF MINDFULNESS (WWW.APA.ORG)

- ✓ Stress/anxiety reduction
 - ✓ Better working memory capacity and working memory speed
 - ✓ Improves ability to sustain attention/focus
 - ✓ Increases positive affect
 - ✓ Helps with emotion regulation and reactivity
 - ✓ Improves skills like self-observation, intuition, fear modulation
 - ✓ Helps with managing stress associated with friendship/relationship conflicts
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FAMOUS PEOPLE WHO USE MINDFULNESS

- Kobe Bryant, NBA All-Star
- LeBron James, Miami Heat star
- Derek Jeter, Yankee shortstop
- Michael Jordan, formerly of Chicago Bulls
- Dan Harris, news anchor
- Katy Perry, singer
- Oprah Winfrey
- George Lucas
- Sting
- Paul McCartney
- Madonna
- Gwyneth Paltrow
- Lady Gaga
- Hugh Jackman
- Mick Jagger
- Kristen Bell
- Eva Mendes
- Howard Stern
- Jeff Bridges
- Clint Eastwood
- Naomi Watts



THANK YOU, BUT I
WOULD RATHER
GO TO TAHITI





The Importance of Empathy

“When a child, no matter how old, feels our acceptance, when he feels our love, not just for his easy-to-live-with, lovable, attractive self, but also for his difficult, repulsive, exasperating self, it feeds him and frees him to become more balanced and whole.”

*From *Everyday Blessings; The Inner Work of Mindful Parenting* by M. and J. Kabat-Zinn*

Slide 9

FP1

Fagell, Phyllis, 11/10/2015

Velcro Memories versus Teflon Memories—It's How We Are Wired

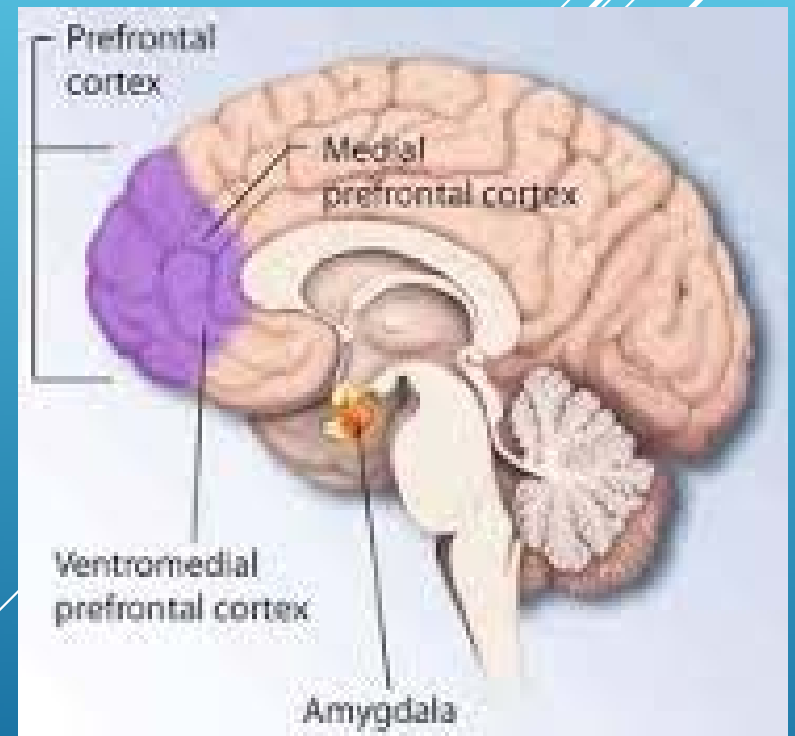


STRESS REACTIONS IN THE BRAIN— UNCONSCIOUS

FIGHT, FLIGHT OR
FREEZE

STRESS RESPONSES—
CONSCIOUS CHOICES

BE PRESENT, MAKE GOOD
CHOICES



Tuning in to Your Child

- ▶ 1. Notice that your child is having a particular reaction
- ▶ Step back for a moment and settle your own energy (maybe take a few deep breaths)
- ▶ Start to observe your child's emotional expression (Are they crying, what's their tone of voice, are they pacing or toying with their hair nervously?)
- ▶ Reflect what you see—state out loud the emotion you are seeing as a statement, not a question. "It seems like you are feeling really irritated right now, or "not sure" about a decision. Validate, for example, that "yes, it feels awful when you feel left out."

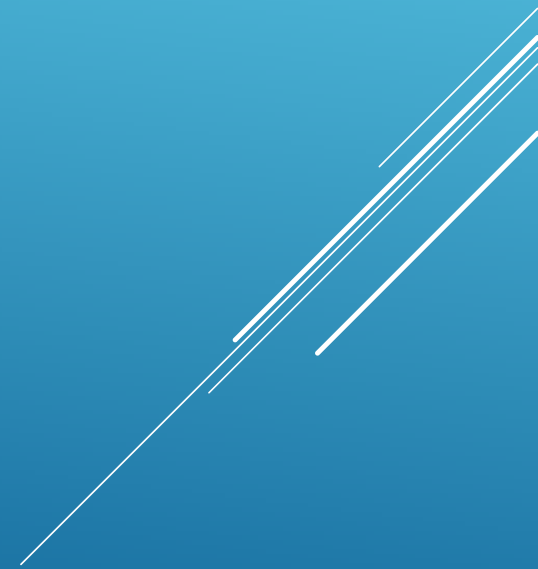




- Help redirect your child to something else (play catch, take a walk, listen to music, do some jumping jacks, make a snack together.) This helps your child self-regulate their emotional state.
- Later, when they are calm, ask this question: “I wonder what would help you feel better the next time you feel that way? It is so much more effective when they come up with the solution because it builds their sense of competency (confidence based on experience).

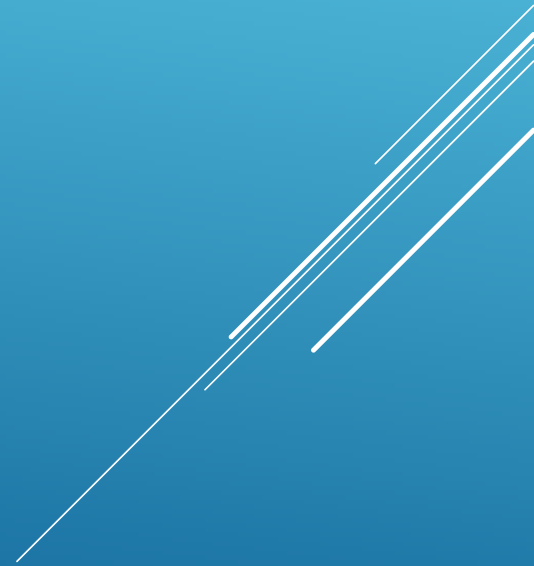


Activity— Melting Ice Cube





Activity—
Object
Awareness



Sample Mindfulness Activities

- ▶ **Blowing bubbles**—either with detergent or even with a straw in a glass of milk (like bubbles, thoughts are transient).
- ▶ **Play Jenga or use building blocks**, and as you pull or stack each piece, try to notice any negative thoughts.
- ▶ **Family floor time**—everyone sits or lies together for 15 minutes at the end of the day or before dinner and just talk and hang out technology-free. Set a timer and let everyone just settle after a busy day.



- ▶ **Ball toss**—throw a tennis ball back and forth and increase the speed, then add a second ball. When it drops, notice the reaction and then keep tossing the ball. Describe how the mood changes before and after.
- ▶ **Belly breathing** —use a stuffed animal on the chest to make sure the belly rises and falls, and encourage slow release of the breath. Even middle school kids like this prop!
- ▶ **Yoga** (if it's in your toolbox, or learn a few moves).
- ▶ **Ringling bell** —or a wooden ladle banging against a pot. Identify the exact moment you no longer hear any sound.



PARENTING RESOURCES

For your kids:

Fighting Invisible Tigers: A Stress Management Guide for Teens, Earl Hipp

For Parents:

Parenting from the inside out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive, Dan Siegel and Mary Hartzell

Everyday Blessings: The Inner Work of Mindful Parenting, Myla and Jon Kabat-Zinn

Websites:

www.innerkids.com

www.stressfreekids.com

www.minfulnesscenter.org

www.mindgains.org

Apps

Breathe2Relax



MINDFULNESS OPPORTUNITIES AT PYLE

- TAG
 - Teacher training
 - Groups
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.



Activity— Mindful Eating

QUESTIONS

