

Stop...Pause...Play



When we can relate to our children with mindful awareness we activate a part of the brain (the medial pre-frontal cortex) which allows our defensive systems to switch off, putting us in a more relaxed state and allowing us to think and act more rationally and to step outside our own experience so that we can **BE MORE PRESENT TO OUR CHILDREN'S NEEDS**.

This is an exercise that we will practice every week or use any time you need to take time out to calm down before you respond to whatever is going on.



Stop

- Stop what you are doing.
- Make sure your feet are placed firmly on the ground.



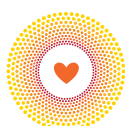
Pause

- Focus on your breath.
- Breathe in slowly, right down into your belly, then exhale completely.
- Take 5 more slow breaths, being aware of each breath in and each breath out.
- Smile and enjoy standing like this for a moment. Feel your body relax.
- Reflect. Ask yourself "What do I need?" and "What does my child need?"



Play

Respond to your child with new understanding.



Australian
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How to Change the Colour of Your Day



Have you ever noticed that the way you are feeling affects the kind of day you have with your children?

When we are tired, stressed or cranky, we more easily become frustrated and impatient and less playful with our kids.

When this happens, power struggles are more likely between us and our kids and we become more reactive – then our connection with our kids gets broken.

BUT....

When we take a few moments to **STOP**, to **PAUSE** – take some mindful breaths and reflect on how we're feeling....

THEN....

We reconnect with our children and 'change the colour of our day' with our kids.

**CONNECT WITH YOUR BREATH TO STAY
CONNECTED WITH YOUR KIDS!**

