

Calming Strategies for Parents

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A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S

Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N

Notice

What is happening within and around you?

A

Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C

Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K

Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

By Carla Naumburg, PhD (carlanaumburg.com)

You can read more about the Mindful SNACK via this link:

https://www.mindful.org/how-to-take-mindful-snack/?utm_content=bufferff32d&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer&fbclid=IwAR2jqka3XuxDqERphfl2B4jkWNeqQYE61UBm69IBohaaXNr37ZYx5wiH5hg

Calming Strategies for Parents

5 Steps to Calm and Centered

(Even When Your Child is Out of Control)

Observe

your child's emotions with an open-heart. See their smallness and how the emotions are bigger than they are.



Get Centered

Your emotions are separate from your child's. Root yourself to the earth and engage your core. Say your mantra. Ride this wave Mama!



Acknowledge
Connect
Teach!



Have a Plan

Build up your parenting toolbox so you have a plan on how to help your child regulate.



Take Care of Yourself

You cannot pour from an empty cup. Live in the moment, Find ways to take breaks and savor, even with the kids around.



Don't be Perfect

It's impossible! Know what to do when you do lose it. Own it, Apologize, and Identify.



Ashley Soderlund Ph.D.






For more on how to implement this guide visit [NurtureandThriveBlog.com](https://nurtureandthriveblog.com)

You can read more about the 5 steps via this link:

<https://nurtureandthriveblog.com/five-steps-to-becoming-a-calm-and-centered-parent/>

Calming Strategies for Parents & Children

1) Awareness Chart

5		<p>Angry</p> <p>I've lost control. I'm not listening anymore. I could hit, kick or bite. I need a quiet place to calm down.</p>
4		<p>Overwhelmed</p> <p>Everything is too hard. I'm losing control and need to leave the environment I'm in. Give me space</p>
3		<p>Frustrated</p> <p>I'm not getting it, I'm showing signs of stress. I should take a break now.</p>
2		<p>Anxious</p> <p>Trying to stay focused, but having a hard time staying on task. Use calming strategies now</p>
1		<p>Happy</p> <p>Ready and willing to Work</p>

<http://jmb437.blogspot.com/search/label/strategies>

2) Calming strategies

Calming Strategies Posters



I CAN

Play with sensory toys



I CAN

Listen to music



I CAN

Draw or colour



I CAN

Think of a happy place



I CAN

Use a sensory bottle




I CAN

Take deep breaths



I CAN

Go to my calm area



I CAN

Write down my feelings



I CAN

Count to 10




I CAN

Read a book



I CAN

Do some exercise



I CAN

Talk to an adult



I CAN

Ask for a hug

