



Baby and Toddler On Board

mindful parenting when a new baby joins the family

Tips To Cross the Bridge When It Isn't Easy

1. Recognise your own emotions

If you're feeling frustrated, overwhelmed, anxious, annoyed or angry, then you are in your own headspace and it's not possible to cross the bridge to your child's world. Focus on your breathing, inwardly acknowledge your own emotional state, and choose to respond - rather than react.

2. Choose your thoughts

Focus on your breathing and notice what's happening in your mind:

"Is this thought winding me up or helping me steer the interaction to a win-win solution?" Seek thoughts that calm and connect you.

3. Seek to understand what your child's behaviour could be telling you

Focus on what your child's experience might be in this moment. What's needed to restore equilibrium - for everyone! Look for the child's positive intent behind the behaviour.

4. Verbalise your child's experience

Notice where your child is "at", both physically and their inner world; become aware of their intention, their experience and their emotions. Verbalise their experience. You may have your agenda, but first see where they are at and weave the two sides together.

5. Recognise: "My child is doing the best they can right now."