



Baby and Toddler On Board

mindful parenting when a new baby joins the family

Tips To "Hearth Your Home" When It Isn't Easy

“Love is extending yourself to cause the other person's growth.”

Scott Peck

1. Recognise feelings are our relationship compass

Emotions can guide you to what's need, providing you don't let anger or anxiety have the steering wheel.

Model that feelings are never wrong — it's what we do with them that counts.

Help your child to build an emotional vocabulary:

“You're sad we can't stay longer.” “You're happy - Thomas is safely home!”

“The baby's crying. What do you think she is trying to tell us?”

Use situations in life, in storybooks and in films to chat about feelings and how we can respond to other people's feelings.

2. Be relaxed and flexible yet keep to a routine as far as possible

Routine gives your children a sense of security. A child-friendly environment naturally eliminates a lot of “no's”! Yet not so safe that there is little interest or challenge. Have as few rules as possible — these need to be for safety / respect of others and of property.

3. Contain your own anxiety

Children need your calm to regain their emotional equilibrium. Contain your anxiety or anger - bring yourself back to your breathing and mind your thoughts.

4. Recognise “rupture and repair” is part of every relationship

Be kind to yourself. You won't handle every situation perfectly. You're human. What matters is to get back on track as soon as possible. Model to your child how we repair relationship.

5. Forgive yourself when you don't handle things the way you want to