



1-2-3 AWARENESS BREATH

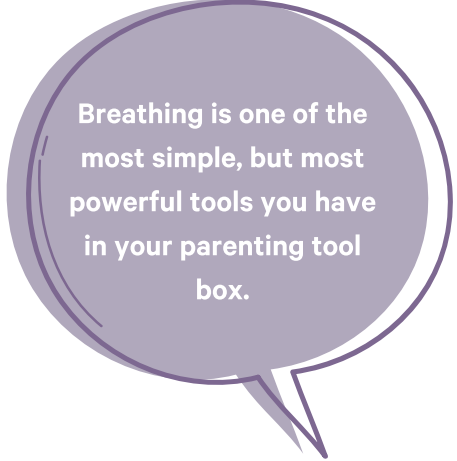


WHAT is breathing?

It is the process of inhaling/exhaling and provide oxygen to your mind and body. It signals to your brain what is going on with you and keeps us alive.

Breathing is a powerful tool that we often take for granted; it is something we just do every day! But family life can be very busy, often lived 100 miles an hour and we might feel that we don't have time to stop to re-energise and check in with our self.

But the good news is that it doesn't have to take more than a minute or even a few seconds to reboot or rescue yourself from a 'panicked or stressful' moment or to avoid doing or saying something you will regret later on. But once you do it, there are major benefits.



Breathing is one of the most simple, but most powerful tools you have in your parenting tool box.

WHY / benefits

Grounds you to the here and now.

Breathing calms us down and makes us respond instead of react to the situation ahead i.e. the morning routine, homework, children's requests, resistance or tantrums etc.

You become in control of your emotions.

Everything starts with an emotion. Then it becomes a physical sensation, a thought and ends as an action.

So, if you can STOP before it becomes an action you take control of your emotions and are able to better choose the outcome, what you do and say next. You can defuse anger and negative emotions and become measured instead of impulsive in your behaviour.

Helps with panic attacks.

By slowing your heart down to a healthy level, you can reduce anxiety.

HOW does it work?

STOP - BREATHE:

From now on before you do or say anything – STOP and BREATHE. Yes, that is all you need to do for now: don't attend to your children's requests, demands, behaviour and words. PAUSE. Breathe in deeply. Breathe out slowly.

THINK:

CHECK IN WITH YOURSELF:

'What am I feeling right now?' (stressed, anger, hurt, sad). BREATHE.

Accept your emotions - it's okay to feel as long as you are aware of them and don't let them hijack what you do and say next. BREATHE.

'How do I want to feel right now?' (calm, in control of self, able to listen etc.). BREATHE.

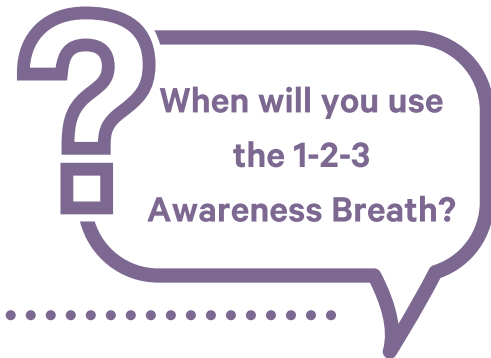
IN BETWEEN THE BREATHS TRY TO CREATE SOME POSITIVE SELF-TALK:

'I can deal with my children, they will not stay like this for ever' - 'I am an okay parent most of the time; that is good enough' - 'I love my child' - 'we had such a lovely time yesterday' - 'it's normal that my child gets upset' etc.

ACTION:

Once you have checked in with your emotions, you can actually make a decision on what to do or say next. You are in control of your actions and words.

You have time to think, 'what will I do or say', or 'NOT now'. i.e. I will listen even though I might not like or agree with what I hear; I will ignore the screaming (not the child); I will take a time out; I will say NO or YES to this etc.



WHEN do you use 1-2-3- Awareness Breath?

BOOSTER

Before a situation that is normally hard/stressful or frustrating – take a booster minute to feel ready and positive (i.e. homework, bedtime, school run etc).

RESCUE

In the middle of a conflict i.e. begging/nagging/back talk (stand comfortably and relaxed and just think about your breathing and positive self-talk).

When your teen or toddler throws a tantrum.

STOP. BREATHE.

SLEEP

When going to sleep to help you calm down and check in with yourself.

'Practice makes habit, not perfect.

Keep going.'

