



Be Your Child's Calm Center

Parents can be important contributors to their children's emotion regulation.

Parents and children are particularly tuned into each other's emotions through specialized cells in the brain called mirror neurons.

Self-regulation comes from being mindful of your thoughts, feelings, and physical reactions to strong emotion.



The three skills of mindfulness:

1. **Pay attention, on purpose:** notice your inner life, emotions and body sensations
2. **Non-Judgement:** Mindfulness isn't always pleasant, notice what comes up for you emotionally and let it pass.
3. **Begin again:** Give yourself permission to reset! Both in your brain calming practice and life.

When you feel stressed, S.T.O.P.

Stop: Take a momentary pause, no matter what you're doing.

Take a breath. Feel the sensation of your own breathing, which brings you back to the present moment.

Observe: Acknowledge what is happening, for good or bad, inside you or out. Just note it.

Proceed: Having briefly checked in with the present moment, continue whatever you were doing.

