



Image credit: Plus PNG

Jedi Mind(fulness) Tips to Help Your Child Calm Down

*Nurtured
healing* →

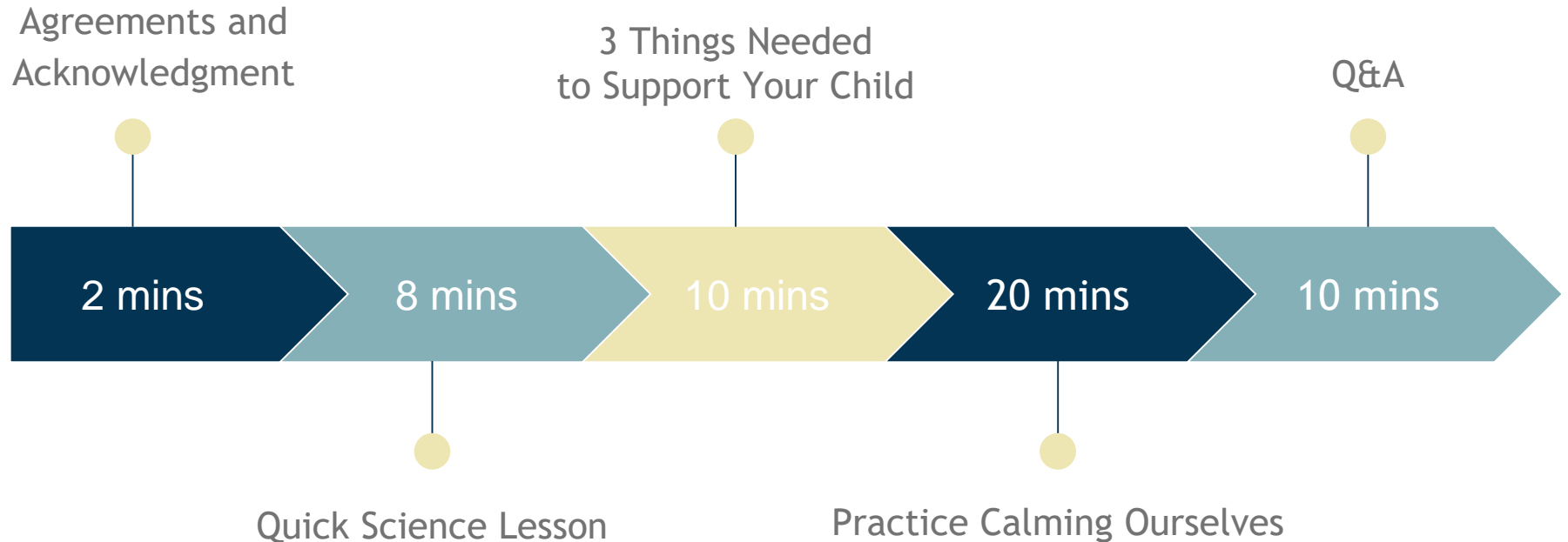
Carrie Zarotney

Northville Parent,
Certified Human Potential Coach,
and Meditation Teacher



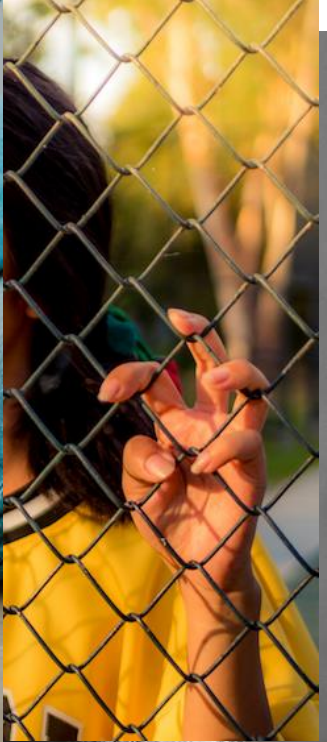
www.nurturedhealing.com

Our Time Together



Agreements and Acknowledgement

- Be open-minded.
- Non-judgemental of ourselves and others.
- Honor yourself for showing up.



Autonomic Nervous System (ANS)

- The ANS controls the body's internal environment.
- Responsible for breathing, heart rate, and digestion.
- Sympathetic = Fight/Flight

Parasympathetic = Rest and Digest or Calm

- Main highway is called the vagus nerve.

Threat Detection

- Nervous system continually evaluates risk.
- Detection without awareness.
- Neuroception happens before perception.
- Bring it into our awareness.

Body Response States

Safe and Social

Fight/Flight

Shutdown

A white wooden ladder is leaning against a grey, textured concrete wall. The ladder is positioned on the left side of the frame, with its rungs extending towards the right. The wall has a mottled appearance with some darker spots and a vertical crack. The floor is a light grey, tiled surface.

Safe and Social

Fight/Flight

Shutdown

Story Follows State

- Our brains create a narrative to explain why.
- Thoughts and feelings will match the State you are in.
- Examples:
 - “I’m so stressed.”
 - “I’m angry because she didn’t sit with me at lunch.”
 - “This always happens, it’s never going to get better.”

When Your Child is Upset

- It's painful for everyone.
- They experienced (neurocepted) a danger cue.
- They have dropped down the ladder into a defensive state and may not know what triggered it.
- Could be an actual danger cue or a perceived one.

3 Things Needed to Support Your Child

Awareness

Self-Regulation

Co-Regulation

Awareness

- Notice our body.
- Goal is to not follow them down the ladder.
- The challenge may seem insignificant to you but it is real to them.
- Often times we seek the reason behind the issue, “Why” or “What happened?” Knowing this is not necessary.
- Listening can go a long way.

Self-Regulation

- Model the type of behavior you'd like to see.
- Disengage from our own story. Notice your own triggers.
- Calming the body is critical.

Co-Regulation

- Face-to-face interaction in a safe environment.
 - Listen (don't fix) and validate.
 - Gentle eye contact
 - Genuine and appropriate smiles
 - Vocal prosody
 - Touch
- Understand your child's "glimmers."
- Play is natural co-regulation.

Let's Practice!

- Count your breaths
- Extended exhale
- Box breathe
- Hands on head and heart, then belly

Let's Practice More!

- Task-oriented movement
- Weight on the belly or give yourself a hug
- Legs up the wall
- Tapping

Sources:

- Dr. Stephen Porges' books and work
- A Beginner's Guide to Polyvagal Theory, Deb Dana, LMSW
- Dr. Peter Levine's books and work
- Justin Sincero, LMFT
- Jane Clapp, Movement Coach

Carrie Zarotney

Certified Human Potential Coach and Meditation Teacher



facebook.com/NurturedHealingNow



[@NurturedHealing](https://instagram.com/NurturedHealing)

Work with me:

www.nurturedhealing.com/reconnect

*Nurtured
healing* →