

MINDFUL MANGEMENT

Mindful management is about being in the right frame of mind (calm) to use the child management techniques effectively. This is really hard when everyone is upset or angry. But here are some steps to take.

Remember to practise these first when you are not upset or angry.

Observing

- Pay attention to your own emotional state (be aware whether you are feeling angry or out of control and the sensations associated with this feeling)
- Shift your attention to your breathing (How quickly are you breathing? Can you feel the breaths in and breaths out?)
- Let go of judgemental thoughts towards your child like: “You are doing this deliberately to hurt me”, “You are so mean to your sister”, and “It’s not fair”. Each time these thoughts arise, try to let go of them, let them drift away, do this over and over
- Remember to return your focus to your breathing over and over until you feel more calm

Describing

- Focus on the moment - what your child is actually doing, and label it. For example, “He is swearing at me”, “He has just smashed his computer”.

(It is very difficult to describe a situation like this and not feel angry or judgemental. It is important, however, to continue observing these feelings and judgemental thoughts without reacting - refocus on your breathing - over and over).

Take action

- Consider and decide on the best option to take in disciplining the child so that the child learns something from the situation
- Be clear what you want from this situation: “I want him to stop swearing at me and apologise”
- Stay calm while you do this

Practicing Mindful Mangement

Describe a situation in which you have lost your temper. Imagine this situation as vividly as possible:

Situation:

Work through the observing, describing and taking action steps below to see how you could have moved into wise mind in this situation.

Observing

How would you describe your emotional state, what did it feel like?

Describing

Label what your child was actually doing without being judgemental (notice any judgemental thoughts and how easy they pop into your mind)

Is it hard to label your child's behaviour without feeling judgemental?

Take action

Try hard to adopt Wise mind by doing the following:

- i) state what you wanted from your child in the situation

- ii) what option did you have in that situation?