

‘Mindful with your baby’

Parent-child breathing space



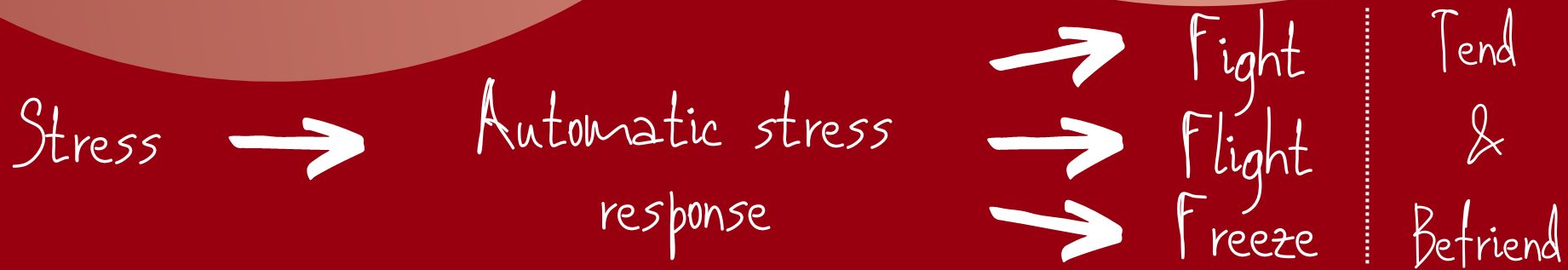
Daphne Wind

Nurse, Medical Anthropologist,

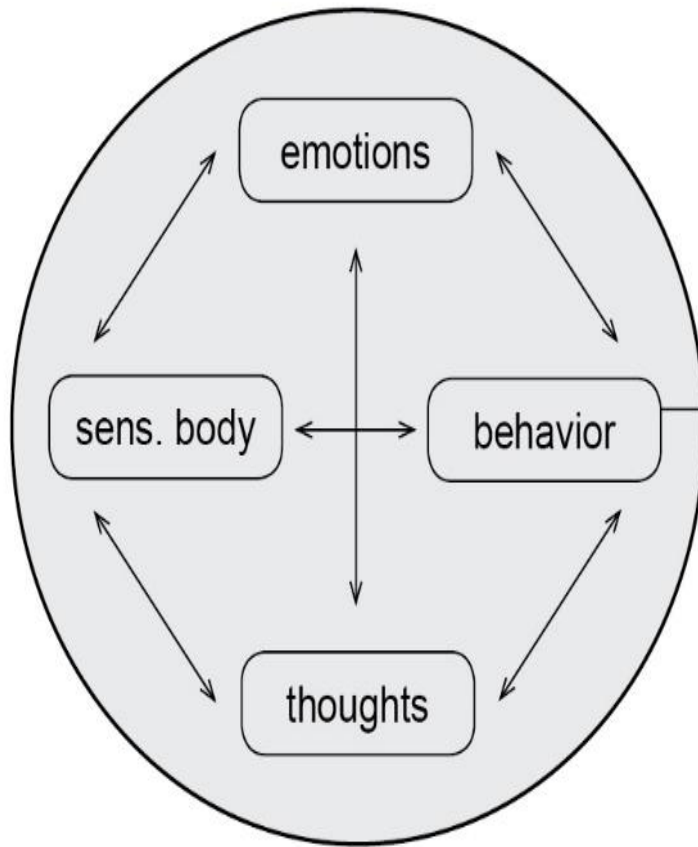
Mindful with your baby/toddler trainer and educator

mindfulnessbydaphne@gmail.com

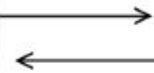
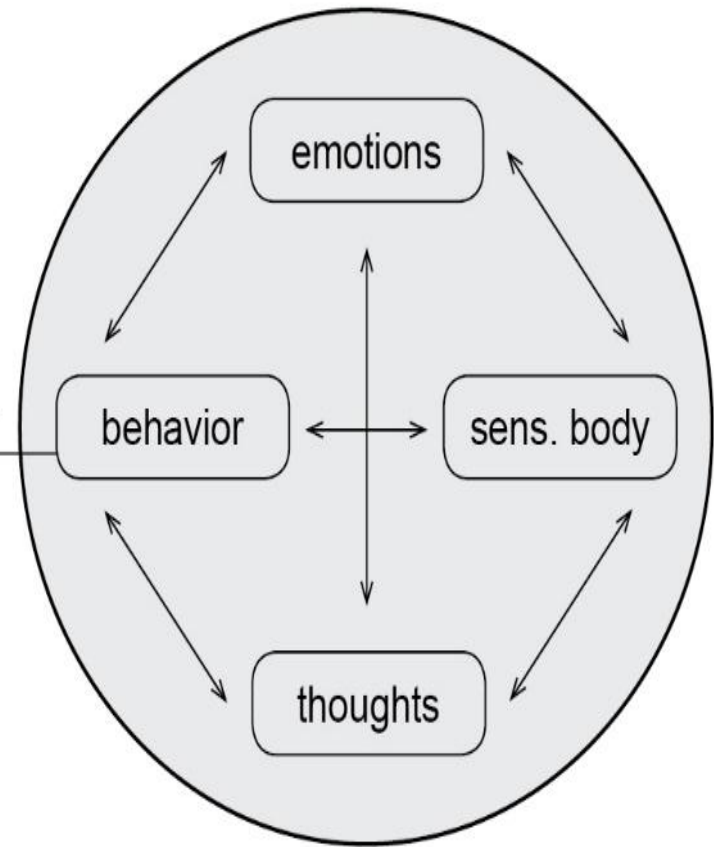
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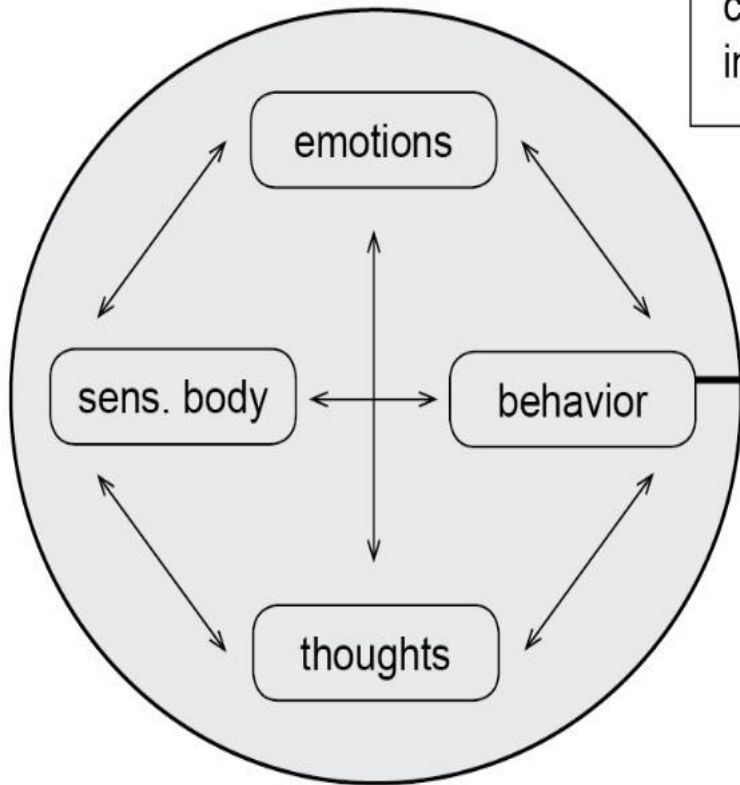
parent



child

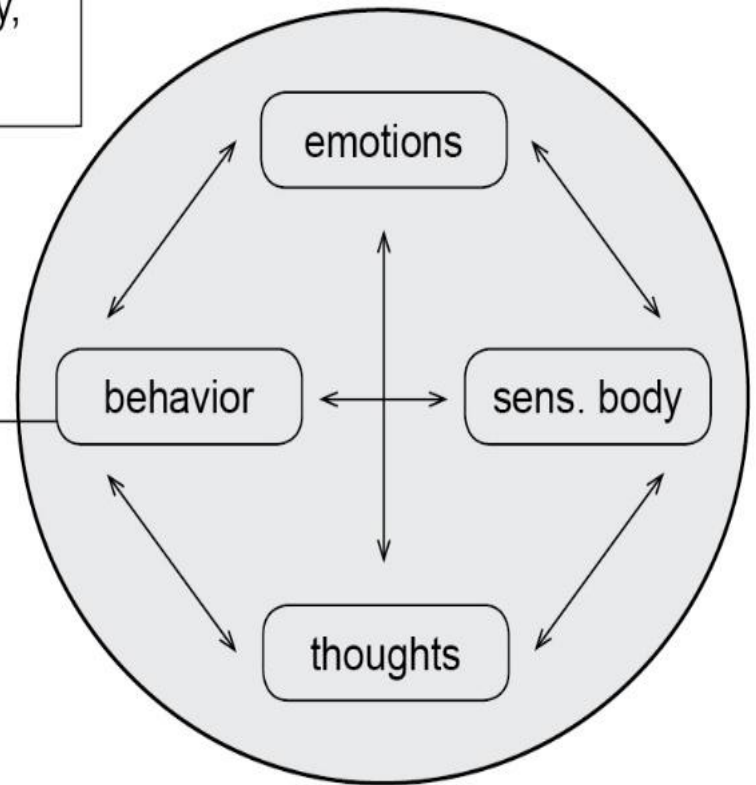


parent



choice:
responsive
i.o. reactive,
answering
consciously,
intervene

child



Parent-child breathing space

Step 1: Making space for your experience

Step 2: Breath

Step 3: Making space for experience of baby

Step 4/5: Breath/body

Parent-child breathing space

Step 1: Making space for your experience

(How am I doing? What is present in the body, emotions, thoughts, action tendency, needs)

- Helping sentence: *whatever it is I am feeling right now, it is okay. ... It is okay that this is what I am feeling right now, I can cope with it. ...*

Step 2: Breath - 3 conscious breaths

Step 3: Making space for experience of baby

(What would the baby experience? What would the baby feel? And what would his/her needs be?)

- Helping sentence towards the baby: *Whatever it is you are feeling, it is okay. ... It is allowed to be there. ... I am not always able to eliminate your distress, but I can be here with you, with the stress that is present. ... I can cope with it. ...*

Step 4: Breath - aware of the breathing

Step 5: Body – aware of the whole body and tensed parts



Building up the use

- Prepare parent for the use of the breathing space
- Practicing in distress situations, prepare parents well:
 - Using it before or after stress situation
 - Using it during mild stress
 - Using it without expectations about the effect



What kind of stressful situation?

When a parent experiences stress because of:

- 1) Behavior baby (e.g. crying, refusing food, difficulties sleeping)
- 2) Stressful thoughts (e.g. obsessive, negative or worrying thoughts about the baby/pregnancy)