

Present Program  
PRESENT Parent

Opening up

Understanding what this means

Limbic & System/Integration

Brain Parts – evolution of  
(& keeping 'knowing' simple)

Right Brain incorporation

Understanding Thoughts & How/why thoughts can turn into quick action  
(cue all above)

Influence:

Our un-sorted or past trauma/drama x

- Self understanding or healthy attachment and autonomy
- Family, current or past
- Of DNA (thank you Grandparents and extended family ☺)
- Current Culture

Whose "is it" really xo (not our kids')

And whose responsibility (not our kids) = Us

I statements example and why “I”

Braving the Past and “Opening Up”

- YES *super* Vulnerable
- Adult-ing...you are made for this (post age 25!)
- You can do hard things aka #parenting xo

Being Present Through Clearing Your Past – Not always easy

“Clearing the past” aka “Letting Go” or “Letting It Go” ...

Doing the work (vs skirting or skating away from issue, hiding in “task”

Our children can do when we teach them by our own understanding

Being Present for secure love, forgiveness, hard conversation, truth-filled sharing

What does below mean to you and adults/all caregivers in your home:

What are you mirroring and reflecting about “Opening Up”:

Responsibility

Accountability

Understanding “CHOICE”

Owing “choice”

Clearing up patterning/choices of any emotional/mental un-ease...addictions, long term anxieties, sabotaging behaviors, focus on “things” or negative thoughts of people or places including other people’s children ;) ....

Choosing more wisely (can take a beat or a day/two)

Will feel V U L N E R A B L E...shift/implementing may take 28 days...practicing and keeping new pattern possibly a few seasons or a few times around the block....

## **2019 PRESENT PARENT**

### **TOOLS & STRATEGIES**

For the **Refill** or **Fill Up** once we've let go of a few things...(think Marie Kondo)

How we teach the kids:  
Five for Five to calm....& create or sustain....healthy relationships  
(including to own mind and body)

#### **BREATHING**

**4 - 4**

**4 - 7 - 8**

**7 - 7 - 7**

**8 - 8 - 8**

#### **Rhythmic Movements:**

(Important to do if coming from past experiences or when triggers arise.)

ie.

Slow long Breathing

Slow long Stretching

Slow Walking

Singing (slow and long)

Slower breathing

Swimming

Rocking in Hammock

Swaying

Hand on Chest and 'follow' breathing or rise & fall of chest through watching or  
"witnessing" simple focus

Breathing counts above with longer focus on exhale.

Counting (or a simple three word saying) while breathing slowly, deeply.

Noticing what comes "up", asking for help as need.

## **Mantras and Sayings:**

I am

I feel

I will/act

## **Sensory or “Simple Focus” when need:**

Breathing – 15/16 seconds minimum, taking one breath technique for 10-12 x’s

(For Your Self...Model for Kids...no need to Tell or “Explain” ....Just Do....)

Being In Present Moment – Limbic integration and “witnessing” self and another more clearly.

Choice (choose “simple” over “complex”)

Simple sensory focus examples:

“I see a plant” ...I see...notice 3-5 things you see

“I smell its scent” ...smell a few things pleasant

“I am calm. I am here. I am loved” say a few times, or more, to self or out loud....

When in doubt:

HUGS (if trust)

High Fives (eye contact, little to no words)

Thumbs Up

Peace Sign

Wave

Breathing techniques for at least 15-16 seconds...one to two minutes ideal.

Anxiety (focus in future)

Depression (focus in past)

Clearing Old Traumas and Dramas Strategies that feel right/sound good to you.

1 minute

10 minute

3 minute

20 minute

