



HERE
For You For Them

MINDFUL PARENTING + POSITIVE MODELING

Emotional Development in Children: Try Being a Mindful Model!

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INTRODUCTION

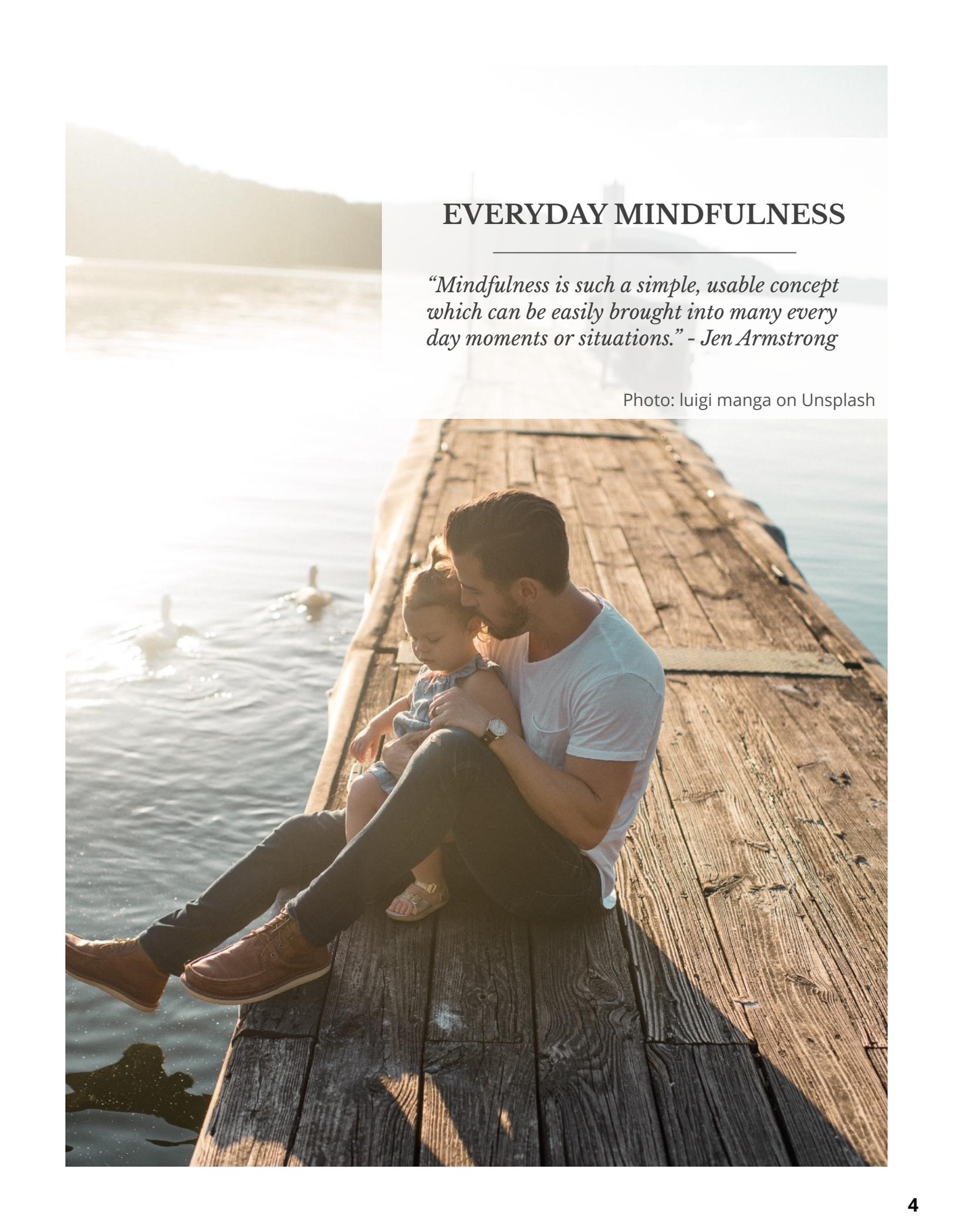
The most beautiful kind of model is a mindful model.

The ability to develop emotional self-regulatory capacities begins in the very first few moments of life, and it is all ignited by how a parent responds to their child's emotions.

Within the early stages of an infant's life, there exists a process called "scaffolding" which is defined as a parent's ability to respond to their child's developing emotions. This process between parent and child, whether supportive or not, eventually results in the parent letting go of the stabilizers and allowing their child to begin their independent exploration of the world, emotions, and relationships with others. All the parent hopes is that they have enabled their child to develop a good awareness and understanding of their

emotions, leading them to develop a positive sense of self, and the ability to integrate with others and create reciprocal relationships with them. This can be achieved by the parent reacting effectively and responsively to their child's emotions and also by modelling positive emotional management and awareness themselves. The important early stages of a child's life can affect this developmental process of their emotional health, even newborn babies form and purge millions of connections within their brains each day based on what they are observing!

We hope you find this information on how to be a mindful model helpful in your parenting journey!

A man and a young child are sitting on a wooden pier. The man is wearing a white t-shirt and dark pants, and the child is wearing a blue dress. They are both looking down at something in the child's hands. In the background, there are swans swimming in the water. The scene is set during sunset or sunrise, with a warm, golden light. The pier is made of weathered wooden planks.

EVERYDAY MINDFULNESS

“Mindfulness is such a simple, usable concept which can be easily brought into many every day moments or situations.” - Jen Armstrong

Photo: luigi manga on Unsplash

MINDFULNESS IS...



Photo: Zarouhi by Jen Armstrong

NOT REALLY LIKE...

- You must sit down, and still, for a certain amount of time each day and meditate.
- Having to be positive all of the time.

MORE LIKE...

- A mind-set: Being able to acknowledge the negative and not let it have a lasting impact on your emotional wellbeing.
- Having the emotional awareness and resilience to sit with certain situations and stresses, breathe through them and take a step back, in order to view them in a clear-headed manner.



Mindfulness is not about having to be positive all of the time, but being able to acknowledge the negative and not letting it have a lasting impact on your emotional wellbeing.

”

POSITIVE MODELING

“Your child will observe the way you deal with stress, anger, being upset, and happiness... All of which you have the ability to positively model!”



As a parent, if you want your child to develop a healthy sense of emotional resilience to all the various, mounting pressures there are on children each day, model mindful behaviour yourself. If being mindful, however, is not really your bag, then hopefully by reading this it's something you become more aware of. Just as there are teachers in maths and science, there are more and more people like myself, training in Children and Family Yoga, as a key element of character education. My hope is for every child to be exposed to this at some point during their life, preferably during pre/primary school age, to allow them to open their minds to this way of thinking. Also, due to the sheer benefits of yoga on the body, posture, healthy bone development, incorporating this factor feels like a win-win!



POSITIVE MODELING IDEAS

1. Appreciate Your Surroundings

It only takes a few moments every day. Just look around you, see what is there AND appreciate the diversity of life. If you find yourself looking down too much at your phone or book, whatever it is, then a simple act like this could help you (and help your posture too YAY)!

2. Dots Around The Home

Place a few small dot stickers strategically on a few things and when you see the dot, take a big inhale and exhale just for one moment, then carry on as you were. This could also help during stressful situations at home either with children, partners, family, etc.. Make it the norm within your house that, if stress levels rise, you manage it effectively by taking a moment to breathe and ponder before addressing the situation at hand.

3. 10-Minutes of Yoga Daily

Do at least 10 minutes of yoga each day, either alone or with your child/family. YouTube has many options to guide you on this. If 10 minutes is too much, then try at least just a few poses to stretch and to connect with your breath.

4. Bookend Every Day With a Positive

You can either think about a positive or write it down. We recommend 'The Five Minute Journal' which really helps to set intentions for the day, and to think about what was great about each day when tucked up in bed at the end of it. It also includes daily affirmations and asks you what you need to think about and what you are thankful for.

5. Be Thankful

If its cold and wet and you get caught in the rain, instead of thinking 'ugh its cold, I'm wet, life is dreary, etc..' you can think 'I am thankful for my coat for making sure I don't get soaked, I am thankful for being able to go to work today and earn money etc...' these thoughts have helped me through many negative thought moments/ days.

POSITIVE MODELING

Ideas to integrate into your routine!



ABOUT US

Dana Dyksterhuis

- **BoastHouse**
- **Startup Founder**
- **UK Tech Nation, Exceptional Talent Visa Recipient (one of 200 in the world 2016)**
- **Seattle "Female Founder to Watch" (Women 2.0)**
- **Microsoft/Techstars Graduate**
- **Former broadcast news reporter, as well as marketing, communications and PR**
- **Mum to Axel**

Jen Armstrong

- **Master of Science, Developmental and Educational Psychology**
- **8-week Mindfulness based stress reduction course with beingmindful.co.uk**
- **Trained facilitator in Roots of Empathy, The Parent Nurture Program, Teen Talk Parenting Program, Restorative Approaches, Motivational Interviewing and Solutions Focused Therapy.**

Hello! My son Axel and I met Jen after moving to London and hiring her to help from time to time as our nanny. How incredible this turned out to be because Jen also has her Master of Science in Developmental and Educational Psychology, so her tips and advice to help us through various growth spurts has been absolutely invaluable! She has been so helpful in fact, that I wish everyone had a "Jen" in their lives to help people take care of themselves, and to help with tips and advice when it comes to trying out not only mindful parenting, but mindfulness in general (for anyone!).

We share with you not to tell you how to parent or how to live your life, but rather to bring positive ideas if you are in need of them! We hope you enjoy... We are here for you, for them. - Dana and Jen

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