



# CONSCIOUS PARENTING

— SEMINARS —

## SOOTHING TOOLS & TECHNIQUES

FOR PARENTS AND THEIR KIDS

### **Formless / Creativity**

Travel, explore - go on new adventures large and small

Make up stories, do something artistic, create something in nature

Encourage out-of-the-box thinking & flexibility

Don't make decisions until you have to

Practice pausing and allowing new creative responses

Support boredom as a platform for creative ideas to surface

Create 'down days', forcing pauses in life

Read non-fiction books

Honor the power of imagination: "dreams do come true," "How creative!"

"What do you see?"

**Electric**

**Magnetic**

### **Form / Grounding**

Organize a room, the house, a desk, etc.

Simplify an area of life – relationships, chores, stuff, etc.

Increase physical activity of any type, by any degree

Encourage efficiencies & routines

Practice deep breathing and breath awareness

Use favorite soothing tool for one or more senses (see page 2)

Concentrate fully on one sense per day

Eat what feels best and is easiest to digest

Read fiction books

Give words to sensations & emotions: "pit in my stomach," "head is heavy,"

"Angry enough to explode," "skin crawling," ...

**Electric**

**Magnetic**

### **Balancing / Centering**

HeartMath®

Spend time in nature.

Have family days- where different members pick something to do that everyone then does together (ie: playing board games, going for a walk in nature, sharing stories, watching a family movie).

Family meals together where everyone gets to share a story from their day or week; or by passing a spoon where each member gets to air grievances.

Support health with rest and play, good diet & natural remedies when appropriate

Ask children who put you on the spot with lots of questions: "Hmmm, what do you think?"

Ask children who share stories with concerns: "Is that good or bad?": the answer may be different than it first seemed.

Creating balanced space in the home

Individual personal space for every member of the household

Support silence during certain times of day ie: early morning or late evening

Dancing or any movement, at any time, anywhere

Develop a meditation practice



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## SOOTHING TOOLS & TECHNIQUES SIMPLE SUGGESTIONS FOR TWEENS & TEENS

### **Tastes (cooked or raw):**

Favorite sugars & fats as a treat

Fruits & Vegetables & Nuts

New varieties and fuller tastes of familiar foods (try Farmers markets or fresh picked)

### **Sights (visual objects inside or outside):**

Nature & plants (indoors or out)

Neatness / cleanliness

Purples (connecting / healing), blue (healing) and greens & pink (loving); other favorite color

Fire or candle

### **Touch:**

Soft, warm cozy fabrics, chairs, or places

Animal fur and Feathers

Gentle breezes

Hugs & rough housing

### **Smells:**

Lavender & Chamomile

Foods & Spices

Scented candles, incense, bath oils, diffuser

Flowers, cedar, earth and other natural scents from nature

### **Sounds:**

Musical favorites (see attached list of suggestions)

Heartbeat

White noise – party crowd, city noises, wind

Water sounds – ocean, rain, river

Other nature sounds – crickets, bird song, rolling thunder

Chimes

Giggles

### **Energy lifting:**

Compatible people

Trees

Positive stories/ books/ ideas

Rituals

Community activities

Quiet time alone and silent reflection

Visit favorite places – real or imagined

Hearty laughter