



Increasing Calm at Home: Mindful Parenting of Quirky Kids

A Next Action Worksheet for use with the tele-seminar.

By Drs. Susan Giurleo & Allison Andrews

This worksheet is intended to briefly summarize the main concepts of in our online seminar: **Increasing Calm at Home: Mindful Parenting of Quirky Kids** and follows the flow of the presentation in the matching online seminar. We have included a many practical suggestions to help you think through the concepts as they relate to your family life.

If you have not already accessed the online tele-seminar, please click on this link, enter your email and listen at your convenience:

<http://childdevelopmentpartners.com/parenting-class-library/>

In this teleseminar Dr Allison interviewed Carla Naumburg PhD about her new book:” Parenting in the Present Moment.”

Carla Naumburg, PhD is a clinical social worker, writer, and most importantly, mother. Her first book, Parenting in the Present Moment, was published by Parallax Press in October of 2014. Carla is a contributing editor at Kveller.com, and her writing has been featured in The New York Times, The Huffington Post, Psychology Today, PsychCentral, and Parents.com, as well as in a number of academic articles and online magazines. Carla holds an MSW and a PhD in clinical social work and she has an advanced certificate in mindfulness and psychotherapy. She grew up in Santa Fe, New Mexico, and the Bay Area of California, and she currently lives outside of Boston with her husband and two young daughters.

Carla’s website with information on her new book:

<http://carlanaumburg.com/books/parenting-in-the-present-moment-how-to-stay-focused-on-what-matters/>

Why Mindful Parenting Matters to Parents of “Quirky” kids

- 1)The need to develop a sustainable parenting mindset and often the need to be the “calm in the storm.

- 2)The need to do the hard work of being non-reactive but creating space to consider your options. Cultivating the ability to be intentional about what you do.

- 3)Tolerating the need to take on issues one at a time.

- 4)The need to get yourself out of bad patterns (we all have them!).

- 5)Many parents by necessity have to be future oriented. They need to advocate for their children to get the right services. This can generate a lot of anxiety and mindfully grounded yourself in the here and now can help decrease anxiety and create balance.

Carla's Book: A Brief Summary

Staying Connected: All about our relationship with our kids. This is about doing our best to help our kids feel:

- safe
- seen
- soothed
- supported

Staying Grounded: This is about taking care of ourselves, and it is crucial!

- Self awareness
- Self compassion
- Self care
- Support

Staying present: Mindfulness. This is the foundation that helps us stay connected and grounded!

- Simplify
- Slow down
- Savor
- Single task (one thing at a time)

All of these are *North Star Practices*, which means we can orient ourselves back towards them when we are feeling lost, but we shouldn't ever expect we are going to get there. This is a way of letting go of perfectionist ideas, and focusing on staying as present as possible for what really matters, right now, in this moment.

Questions you can ask yourself when you need to get back on track with your North Star practices:

What do I need to stay for right now?

Do I need to stay present for my child?

Do I need to focus on taking care of self and staying present to my own emotional needs in the present?

Carla talked about an exercise she does to ground herself. Simply breathing and placing her hands on the counter just for a few moments as a way to step back and focus.

Carla's STOP exercise: A simple but effective way to bring your attention to the present moment and make conscious decisions about what matters.

Stop
Take a breath
Observe and
Proceed (STOP)

Mindfulness Resources mentioned in the Teleseminar:

Carla's Book:

<http://carlanaumburg.com/books/parenting-in-the-present-moment-how-to-stay-focused-on-what-matters/>

- Feel free to email Carla with questions about mindful parenting (cnaumburgATgmailDOTcom) or follower her on Facebook (<https://www.facebook.com/cnaumburg>) or Twitter (<https://twitter.com/SWMama>)

Insight Timer App: <https://insighttimer.com>

Mindfulness Based Stress Reduction (MBSR):
<http://www.mindfullivingprograms.com/whatMBSR.php>

Real Happiness: <http://www.sharonsalzberg.com/books-audio/266>

Pema Chodron <http://pemachodronfoundation.org>