

Module 3: Being a Calm and Patient Parent

Lesson 1: Understanding your Triggers

1) How would you score yourself on being a Calm & Patient Parent?



1 (poor scores on calm) - If you lose your temper more than 5 times a day

10 (wow score) - You **MUST** be divine if you have never lost it

2) Understand that:

- Your child's behaviour is their behaviour - do **not** take it personally
- Remember that your child's behaviour will not dictate how you parent - **YOU** decide
- Focus on your behaviour and sanity and strive towards maintaining it under all circumstances
- Learn to manage your emotions and show your child that you are the adult

3) Pause Parenting

How do I want to handle this?

- Step away and breathe
- Ask yourself - what is causing you to lose your cool?
- Journal and understand your trigger - flip it
- What does your child really need in this situation?



Q1) What is the trigger? What is causing me to lose my cool?

Eg. I want my child to wake up everyday by himself at 6:30am.

Q2) Can you flip the trigger?

Eg. In the long run if he wakes up a couple of minutes here and there and if I could gently wake him up will that help me be more relaxed?

Q3) What does my child really need in this situation?

Eg. May be my child just needs a bit of attention from me in the morning with a gentle wake up.

Lesson 2: Becoming Aware of your Expectations

A strong belief that something will happen in the future. The definition itself prevents you from **living in the NOW!**

Exorcising expectations...

- Analyse the expectations
- Is it helping the other aspire or is it "your" expectation? (eg. baby walking vs 100% in maths)
- Delete the unreal expectations that are causing stress
- Have an open conversation and involve your spouse or friend or colleague in the process

Top 5 areas:

- 1) Yourself
- 2) Spouse
- 3) Child(ren)
- 4) Friends
- 5) Professional life

Have a one-on-one discussion with your spouse, child, friend or colleague and ask them:

- What do they think your expectations are, of them?
- What do they think your expectations are of yourself?

Lesson 3: Taking care of you

1) First list out all the things that help you to unwind:

Eg: Massage, Yoga, Meditation, Dinner out with friends

2) **Take action!**

- Look at your diary and check where you can add an hour or two of self-care in your weekly schedule
- If kids are too young and you don't have help, then take turns with your spouse to step out and do something that relaxes you
- If you have been considering a massage or a yoga session then pay up for a package so as to make a commitment
- If possible, both of you can go out together whilst taking care of your individual needs
- Go and just DO IT! Feel yourself energized and rejuvenated to take on your weekly personal and professional tasks. Just like an energy drink for a marathon runner!

Bonus session: Meditation

Week 1

Practise sitting in a quiet spot undisturbed for 5 minutes daily. Breathe gently and just follow your breath. Allow your thought and mind to wander.

Week 2

Increase the time to 10 minutes daily. Begin to observe your thoughts and imagine a river flowing in front of you and float through your thoughts on it allowing them to drift away. Realise it is so simple to let go of anything you choose to.

Assignments for Module 3:

- Journal the triggers and flip them
- List down your expectations you have of yourself and the other person - spouse/child
- What can you do for your self care schedule it in
- Bonus: Meditate daily for 5-10 mins