

Presence & Love time

Connect. Validate. Play

Create cooperation the conscious way



What to do:

You invite the child to 'Presence and Love time'.

Make a date in the diary/ calendar.

As you would with an adult.

Show enthusiasm and excitement about spending that time together.

Let the child decide what the activity or play will be.

The only boundaries are *relevant safety ones.

Examples

If the child draws - mirror the drawing or watch in presence feel into what the child would like your role to be

If a teen wants to go for lunch follow & let them decide where

Check in and arrive

Notice your thoughts
where are you?
are you really there?

When 5 minutes are left,

"We have 5 minutes left to play today."

Take a moment to communicate and celebrate how it felt for you to spend that time together. Say something you loved

'I loved it when.....' Or I love chatting with you It makes me feel...

Arrange a time in the 'diary' to do it again.

Keep to the time you arrange!

PARENT Rules for presence time

No Phones, distractions or directing the child.

No 'telling off '

Let the child lead

No Teaching

No pre-occupation with jobs

If your mind goes to thoughts the practice is to intentionally bring your focus back to a anchor - an anchor can be the breath or your feet*.

Be present. - Learn how to truly BE in your body energetically!

Allocate 15minutes or desired time and be fully present & focused on your child, the activity chosen or play during that time.



Other Parent Skills - For Cooperation

- Model cooperative language
- Mirror & Validate
- Use open questioning
- Enter their flow
- Manage your own blocks to connection & cooperation
- Presence - Know how to access this
- Manage your reactions

To learn these skills come & join the VIP click below :

VIP CONSCIOUS COLLECTIVE – SHARNE PATEL

Benefits

- Creates connection - develops the brain!
- Improve parent-child relationship
- Eases perfectionism
- Improves self-confidence
- Invites opportunity for problem-solving
- Creates cooperation
- Creates listening

