



Be. Here. Now.

Phones
Email
Distractions

Create Better Boundaries

How does your household feel on a daily basis?



- ☐ Always Stressed and Pressured
- ☐ Procrastinate and Running Late
- ☐ Uninspired and Bored
- ☐ Disorganized and Unfocused
- ☐ Missing Out on Life!!

You need routines and practices to make your life easy. It's science.

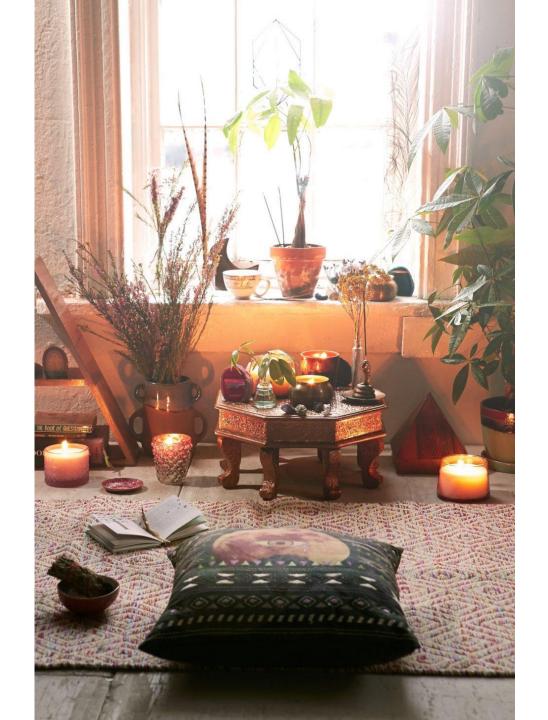
What are the non-negotiables in your home?



☐ Give everything in your entryway a home ☐ Set time for using media ☐ Set times for homework and chores ☐ Set meal times **□** Set morning and bedtime routines ☐ Model this for your family!!

Set the Mood

What kind of vibe do you want to cultivate in your home?



Peaceful	Chaotic
Satisfied	Surviving
Нарру	Disgruntled
Energized	Tired
Organized	Scattered
Inspired	Boring

AROMATHERAPY

- Use a diffuser
- Lavender and chamomile for relaxation
- Orange and lemon for uplift

LIGHTING

- Use soft, warm lights not fluorescent
- Open windows and bright light in the morning
- Dimmed lights for dinner and bedtime

MUSIC

- Upbeat for mornings sing with your kids
- Classical is great for study times
- Soft and soothing for bedtime

Be Calm and Present

Are you showing your kids the best side of you?



Your energy and thoughts affect the entire house.

(Fortunately, there is something you can do about it.)

BREATHING EXERCISES

- Calm yourself before you get home or pick up your child
- Inhale 4, hold 4, exhale 4 counts for 1-2 min
- Do with your child before bed

MEDITATION

- Bring your attention to the present moment rather than letting the "to-do" list dominate everything
- Use the meditation guidelines below
- Encourage your child to slow down and find stillness

JOURNALING

- Get your stress out of your head and onto paper
- Set intentions and focus for the day
- Name three things you're grateful for today

MEDITATION GUIDELINES

Meditation IS

- Letting go of thoughts as they come up
- Staying focused on the present moment
- Being mindful of the breath and bringing your attention back to a point of focus

Meditation IS NOT

- The ability to turn off your thoughts
- Letting thoughts about the future or past run the show
- Being uncomfortable or doing unfamiliar rituals

A successful meditation is planning to sit and breathe for 3-5 minutes (or longer). Set a timer, be comfortable, breath deeply, focus on a candle or image. When you lose your focus – come back to the breath and re-focus. As many times as you need to. No judgment. Get up when the timer goes off. That's it, and you can do it. Use a meditation app to help you.

Make a Connection

What is the most important thing to you as a parent?



It can be easy to lose sight of what matters.

(Hint: the dishes can wait.)

LISTEN

- Don't interrupt when your child is talking
- Let them know you understand how they feel
- Save the constructive criticism for another time

DO ART PROJECTS

- Do something quick and easy
- Let your child lead you
- It doesn't have to be done "right" or even be "finished"

DANCE OR EXERCISE

- Do some stretching or yoga to relieve stress
- Play your child's favorite sport with them
- Be spontaneous and fun

