



Yoga and Mindfulness for Mamas

Mindful Parent: Attachment

Once each day this week, fill out the form below.

Situation: <i>Describe a situation where you connected with your child or where you felt you did not connect but would have liked to.</i>	Thoughts and Emotions: <i>Describe some of the thoughts and emotions you had during this situation.</i>	Connecting: <i>Did you manage to connect with your child during this situation, if so how? If you did not manage to connect how would you like to have done it differently to foster the connection?</i>
<i>Example: Walking with my son home from school. I focused on talking with him about his day and sharing my day. Holding hands.</i>	<i>I was stressed and rushing when I picked up my son from school. On the way home I decided that we would take our time and use the moment to chat and hold hands.</i>	<i>I managed to pause, and just be present. I tried to be attuned with what my son was feeling and mirror those feelings back. I also managed to share with him how my day was.</i>



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