



MONTHLY BUILDING BLOCKS

SEPTEMBER 2021



FOCUS: **Mindfulness**

ANNOUNCEMENTS

- **Schedule your flu shots!**
- **Monthly raffle for completing your CHADIS prior to each well visit**

MINDFULNESS

- **Define**
 - Pay full attention to something and slowing down to really notice what you're doing
 - While paying attention, being accepting in a non judgemental manner
- **How it helps**
 - pay attention better, be less distractible, learn more, stay calm under stress, avoid

getting too upset about things, listen better to others, be more patient, less anxiety, get along, better, feel happier and enjoy things more

- **How to practice it with your children**

- Babies and toddlers
 - Be present, look into their eyes, mimic sounds, put away your phones, engage in play, stay calm
- Preschool/school age
 - Breathe with your child, relax your muscles
 - Participate in activities like art, express gratitude
- Preteen/teenagers
 - Deep breathing, Meditation, guided mindfulness exercises, yoga, family time without screens
 - STOP exercise
 - *Stop* what you are doing and pause for a moment.
 - *Take* a breath. Allow yourself to relax with some slow breaths.

- *Observe* what is happening — good or bad — and acknowledge it without judgment.
- *Proceed* with what you were doing, now with more awareness of your choices in how to respond.
- Meditation/Breathing Practices
 - Concentration on a word, thought, sensation or image
 - Movement - tai chi, yoga
 - Positive emotions- gratitude, forgiveness
 - Emptying- praying
 - Meditate time
Preschool - few minutes;
grade school - 3-10 min;
Teens 5-45 min

*Source - Healthychildren.org
Psychology today

**PLEASE REVIEW US ON
YELP AND JOIN US ON
FACEBOOK!!**