

PART 1 - WHAT'S DRIVING YOU CRAZY?!

What is it that's driving you up the wall the most?! List ALL of the behaviours that are driving you crazy below. Doesn't matter how small or seemingly petty they are - write them down. No one else needs to see this list. There's no judgement about your child or what you find annoying. There will always be things that you find annoying that another person doesn't, and vice versa. What's most important is what's going on for you and your family. So write the list!

1. .
2. .
3. .
4. .
5. .
6. .
7. .
8. .
9. .
10. .

We're going to come back to this list throughout the 4 weeks, so add to it as you go along. By the end of the course, my hope is that you will have the strategies and ideas you need to be able to tackle most, if not all, of the items on your list. And if you're still wondering what to do, jump into the Facebook group and ask!

PART 2 - SPECIAL TIME / PLAY

Giving our children ST in this way can bring up lots of feelings for us, so it's helpful to explore what's going on so that any negative thoughts and feelings can be addressed and alleviated.

[Please note - none of this reflection is meant to be a way to blame your parents. This is purely for you to understand what was going on for you when you were little so that you can be more present with your own child now.]

Q.1. How do you feel with you play with your child in Special Time? Do you feel playful? Or is it hard for you? If it's hard, what specifically are you feeling and/or wanting to do instead?

Q.2. What games bore you, or you find difficult with your child?

Q.3. Did your parents play with you? Particularly around the age your child/ren are now. If so, what did you do together that you loved?
If you don't remember playing much with your parents - did any other adult spend time playing with you?

Q.4. How were your parents with you if you wanted to play a similar game with them (as per Q.2.)?

Q.5. How do you feel at the thought of being playful with your child when they are being rude, aggressive or annoying?

Q.6. How would your parents have treated you when you were behaving in a similarly rude, aggressive or annoying way?

Q.7. How would you have preferred them to have treated you then?!

PART 3 - WHAT CAN YOU DO FOR YOURSELF?

it's easy to be all zen-like when we have no distractions or pressures on our time, bodies and emotions. It's a completely different kettle of fish when we have small children demanding our attention in often unpleasant ways!

So what's going on for us is just as, if not more, important than what's going on for our child. Without our own 'emotional cup' being filled, we can't then respond as lovingly as we would like. In the heat of the moment, all of those things that we intellectually know can go out of the window as our emotions, tiredness, overwhelmedness(!) takes over.

Therefore - step 1 in this process, is really to look after ourselves. This week - **what can you do to look after yourself?** To do something for you

that you've been putting off, not considering as important or maybe even thinking it's too extravagant to do? The more we can 'put our own oxygen masks on first', the more we can be in a better, happier position to respond to our children in the way we want to.

Write 10 things you would ideally love to do:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now pick 1 of them to do this week. Circle it or write it down.

And write down how you can incorporate 2 more of them on an ongoing basis.

1.

2.

Write it down what you're going to do and share it in the Facebook Group.

Go and do it! And enjoy yourself.....!