



Resilience Counseling & Training Center

*Providing counseling, training and
consulting services around the world.*



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Resilience Counseling & Training Center

North Conway, New Hampshire USA

Teaching Children to “Self-Calm” by Using your Parental “Wise Mind”

For the past twenty years, there has been an ever increasing onslaught of new children’s diagnoses such as ADD, ADHD, childhood bipolar disorder, and disruptive mood dysregulation disorder (DMDD). Labeling children is detrimental to their personality development, and belief in themselves. It is static and fixed. The label only identifies symptomatic behaviors which are deemed maladaptive. The behaviors are not examined in the context of the child’s environment (i.e., the larger family, school, and community systems surrounding the child). Doing so often reveals the behaviors to be adaptive to the child’s perceptions of their current life situation. It is of utmost importance to understand the perception of the child and gather any and all information regarding the context of their childhood experiences.

The concept of resilient children rejects the notion of static or fixed personality characteristics and ‘disorders’. Rather, resilience recognizes our ability to grow and develop healthier and more positive thoughts, emotions, and behavior patterns. We can all learn new, healthier ways of thinking, acting and feeling; parents and children alike! With training, parents and children alike can learn to calm themselves, become mindful, empathic, understanding and to better regulate their emotions and reactions. In so doing, parents can increase not only their child’s social-emotional intelligence but their own as well. This we have termed your ‘**RQ**’ (Resilience Quotient) which has been found to predict life success 70% greater than does your IQ.

While there are many parenting skills necessary for raising capable and resilient children, one place to begin is with learning to self-calm; to be able to “Stay Calm and Carry On” as the saying goes. Parenting your precious little ones with your wise mind and employing calming parenting techniques will teach your children mindful and self-quieting practices. They will develop their own ‘key to calming’ skills and thereby increase their emotional knowledge of self and others.

Below are some examples of a few techniques for using your parental wise mind and connecting to your children mindfully so as to develop their self-calming skills.

Safe Space: Create a warm, safe space for your child with a cozy soft blanket, comforter. This is a quiet calm place for your child to breathe and be relaxed. This is also a place to go when there are upset feelings, not as a punishment but as their (or your) safe space.

Self-Soothing: Teach your child to say, “*I am ok, I am quiet, I am calm... I can breathe deeply watching my tummy rise and fall*”. Also teach them to say and learn that “*I can go here anytime of the day either in my imagination or for real*” and “*I know I’m in my quiet calm place where I can relax*”.

Fairy Kisses: Lean in and lovingly flutter your eyelashes on your child’s cheek for the fairy wing kiss at night or when they are feeling upset, anxious or distressed.

Mommy and Daddy Calming Skills: Reflect on your behavior in the moment, and maintain a calm, controlled demeanor. If necessary, take a parent’s Time-Out. Use your parental wise mind to go to your own ‘**Safe Place**’ and think about the calm atmosphere you want to establish in your home. Take time out for yourself every day to breathe, relax and self-calm. Remember, you have the same amount of time as everyone else in the world. Your day is manageable if you make it that way.

Teaching Children to Understand their Emotions:

How I may feel is: Glad, Happy, Sad, Mad, Scared, Love, and Calm

For you and your child:

My head thinks and my body feels the feelings. I feel warm in my chest, tight in my tummy, burn in my heart, jumping beans in my tummy. Find descriptors for feelings

How my Mommy or Daddy may feel is: Glad, Happy, Sad, Mad, Scared, Love, and Calm

It is important to learn how we feel and how others feel so we can feel connected to ourselves and others.

How I feel when I accomplish something is: Happy

Describe a time: _____

How I feel when I miss something is: Sad

Describe: _____

Encouragement Notes:

Write notes to your child (and yourself!) regarding small areas or steps of improvement each day; provide yourself as a parent with self-encouragement for a job well done, and areas of

progress and improvement. We can always do things a little better with learning, reading, and talking. Most of all sharing love first!

For additional ideas on teaching self-calming skills to young children and improving your parental ‘Wise Mind’, see the book, *Key to Calm*. This is a both a children’s fairytale and parenting lessons all in one. Learn bring about calm in your home. The wise mind is depicted by the owl in *Key to Calm*. This is your non-aroused frontal lobe that can solve problems. Fairy Katie shows you how to calm and teaches you and your children how to calm yourselves. It is your home and it is manageable. Your home is your special place that you can manage. It is also your child’s special place for them to learn to manage themselves through your guidance.



KEY TO CALM

**FOR CALM PARENTING, CALM CHILDREN, & INCREASING EMOTIONAL INTELLIGENCE AND RESILIENCE
(for Ages 1-8) By Monica Nicoll, Ph.D., LCMHC**

Find ‘Key to Calm’ at Amazon.com, Barnes and Noble, and Xlibris or order from:
Monica Nicoll, Ph.D., LCMHC, resiliencctc@aol.com



Monica A. Nicoll, Ph.D., LCMHC

Individual, Couples/Marriage, Child/Adolescent & Family Counseling services.

Learn to achieve a more fulfilling personal, marital, and family life

24 Reporter Court - Eastern Slope Plaza

North Conway Village

(603) 730-5467

[insurances accepted]

Parent Coaching Workshops:

“Raising Resilient Children”.

Small groups of parents meet weekly for 4 X 60 minute course sessions. (Cost: \$99 per/family)
Contact our RCTC office to register Tel: (603) 730-5467 or Email: resiliencctc@aol.com

Seminar Series for Teachers

Resilience-Based Classroom Behavior Management:

A 4-week seminar series for teachers

Statistics indicate that 30% of new teachers will quit teaching after their first year in the classroom and 50% will have quit within the first five years. The single most common reason

cited for those leaving the teaching profession is frustration in handling classroom behavior and motivating children to learn.

Avoid Burn-Out! Enroll in one of our upcoming 4X 60 minute seminar sessions on a positive, research evidence based practices for “winning children over” to learning. (Cost: \$99 p/p)

Call RCTC for further Information @ (603) 730-5467 or, email: resiliencectc@aol.com

RCTC Speakers Bureau

RCTC provide speaking services to groups and organizations on topics related to children, families, marriage & schools. RCTC also provides professional development training programs for teachers, mental health professionals and business/organizations.

Call for Information @ (603) 730-5467 or email: resiliencectc@aol.com

International Association for Counseling’s 50th Annual Conference

Bill & Monica Nicoll have been invited to present a pre-conference workshop at this summer's International Association for Counseling's 50th Annual Conference. The conference will be held in the beautiful Mediterranean Island nation of Malta July 7-11, 2016.

Title: *“Counseling for Client Resilience & Wellbeing: An Adlerian Psychology Based Approach”.*

<http://iacmalta2016.com/>



IAC Malta 2016 – From Fate to Hope & Clarity

April 4 , 2016: Dr. Bill Nicoll will be presenting two workshops for the Maine Counseling Association’s annual conference on,

- *“Bully Proofing Schools: What works, what doesn’t” &*
- *“Family Counseling Skills for School Counselors: Facilitating parent/teacher collaboration”*

April 5, 2016: Dr. Bill Nicoll will be presenting a workshop for the Massachusetts School Counselors Association on, *“Bully Proofing Schools: What works, what doesn’t”*
