

INFORM & EMPOWER

# Reduce Chaos, Increase Calm & Flow

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Psychologist & Mum

TOOLKIT FOR  
PARENTS & CARERS





# PUBLIC SERVICE ANNOUNCEMENT

Let it go

We are all doing our best

Get curious

Celebrate the good stuff

“When little people are overwhelmed by big emotions, it’s our job to **share our calm**, not join their chaos.”

L.R. Knost

How you  
are **being**  
matters  
most

Are you  
looking after  
you?



Feelings  
are catchy

Making  
room  
for big  
feelings

Expectations affect coping

Self compassion

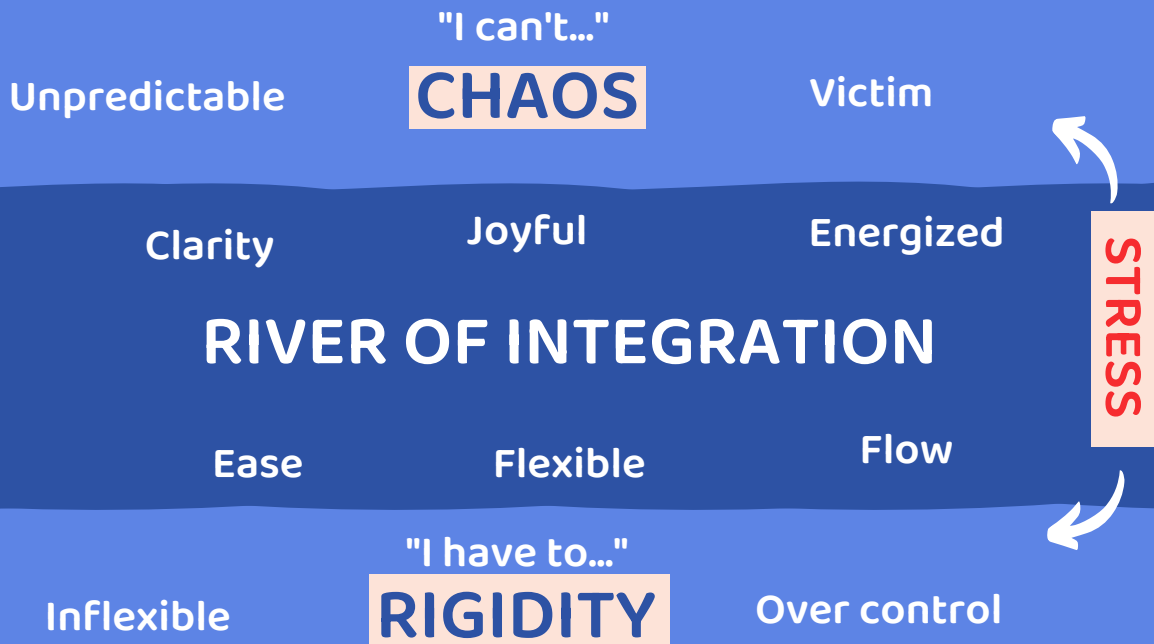
Sort your own!

Name them

Hold space



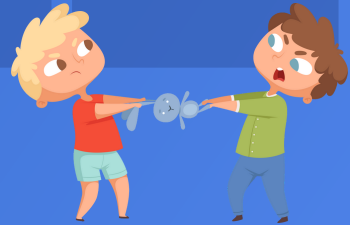
# Flexibility helps create calm and flow



When does **chaos** peak in and around you?

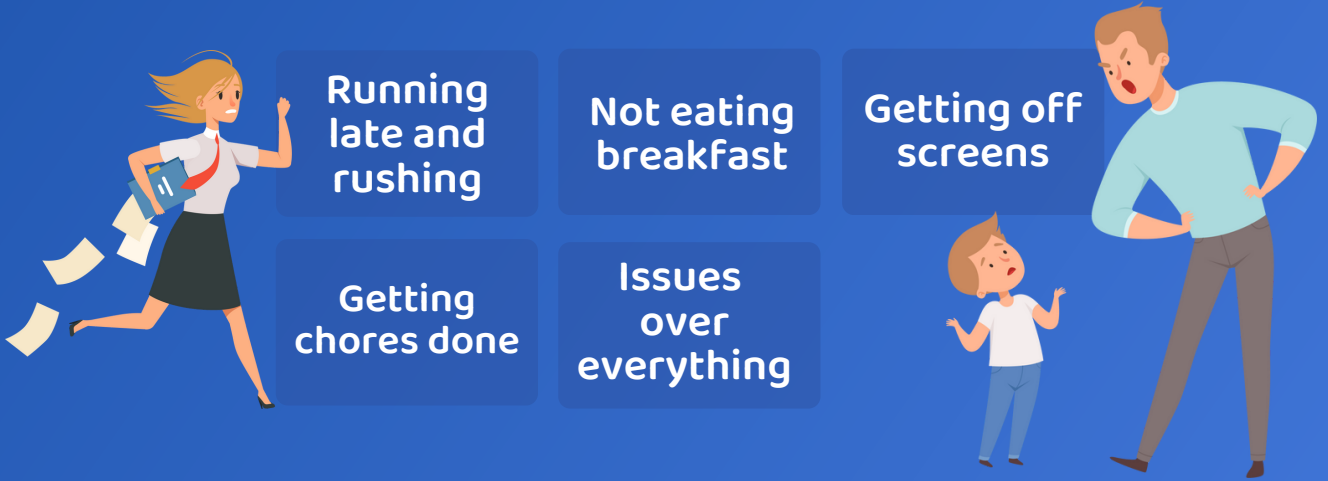


- Mornings?
- Bedtime?
- School pick up/after school?
- Homework and/or reading?
- Getting to and from extra curricular activities?
- Transitions between carers?
- Dinner time?
- Weekends?



# CONFLICT

## Common Issues



# CONFLICT

## What's Really Going On





What if this is their best effort in this moment?



Focus on relationship and connection rather than “fixing the problem”.



## COMMUNICATION & CONNECTION IDEAS



RITUALS, ROUTINES AND RHYTHMS



Predictability  
and flexibility =  
safety...and calm



Review  
them

Over  
scheduling?

How do  
they feel?

Everything  
has a place

Chores

Collaborate

Flexibility

Decision  
Making  
Fatigue





## MORNINGS MATTER

How does it feel?

Breakfast schedule?



How we  
end our day  
matters

### **Mindfulness**

is simply being aware of what is happening right now without wishing it were different, enjoying the pleasant without holding on when it changes (which it will), being with the unpleasant without fearing it will always be this way (which it won't).

James Baraz



# BENEFITS OF MINDFULNESS...

Improved memory, attention, concentration

More calm, clarity and contentment

Increase in capacity to manage emotions and reactions

Better interpersonal relationships

Improved ability to manage stress overall

Reduced anxiety

Greater capacity to adapt to change

Helps kids choose optimism and kindness

Improved sleep

Increased creativity

Capacity for better decision making



# MINDFULNESS CAN BE...

Breathing using hands

Five senses

Bath

Meditation stories

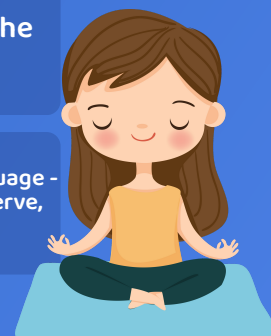
Mindful Colouring

Guess the ...?

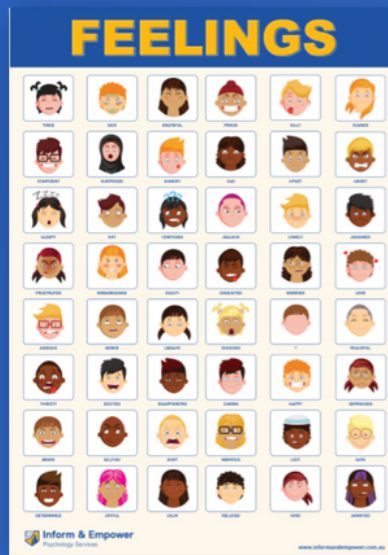
Mindful box

Trampoline

Mindful language - notice, observe, check...



@informandempower



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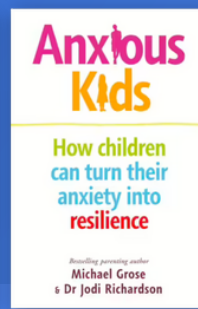
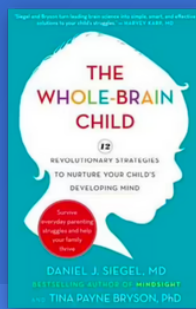
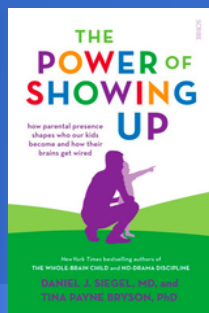
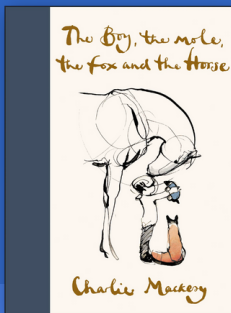
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