

Exercises for Co-Parents (Module 5)

1. During the course of your day, when you feel yourself getting angry or frustrated, take 10 deep breaths. Notice yourself breathing, and notice where in your body you feel the anger. Notice what your anger or frustration feels like in your body. Describe that experience.
2. Once a day, make an effort to be fully attuned to your child/ren. Take 10 deep breaths and then just be with them. Try to “feel into” their experience. Refrain from trying to make something happen. Simply enjoy being with them. What was that experience like?