Mindful Self-Compassion-Practices for Parents in the Moment

WI FACETS  -  January 31, 2024
Barbara Moser, MD (retired from active clinical care)
Mindful Self-Compassion Instructor
Learning Together Today- Intentions

• Understand that mindfulness and self-compassion are internal strengths that can help us remain kind and caring toward our children and ourselves.

• Experience several mindfulness and self-compassion practices that can support us in the difficult moments of our day-to-day lives, and that we may model for children.

• Discover that caring for ourselves in moments of difficulty also supports our kids.
Mindful Self-Compassion Program

Developed by Christopher Germer and Kristin Neff in 2010

Informal Definition of Self-Compassion:

“Self-Compassion is treating ourselves with the same care and kindness as we would treat a friend when things are difficult.”
Self-Compassion - 3 Elements
as defined by SC researcher Kristin Neff, PhD

• Mindfulness (vs. Denial/Caught up in Storyline)
• Common Humanity (vs. Isolation)
• Self-Kindness (vs. Self-Judgment)

Tender and Fierce!
Mindfulness
Awareness of our present moment experience, without judgement

The Pause

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. – Viktor Frankl

S(     )R - Brené Brown*

*https://brenebrown.com/articles/2022/05/09/creating-space/
Pause and Breathe
Expanding that Space!
(STOP)

In the Moment-Mindfulness
Practice 1
Common Humanity, Including Me Too!

This should not be happening!

The things we may say to ourselves:

“I can’t make this better”

“I am wrong/inadequate”

May result in feeling isolated and alone, abnormal, everyone else is doing a better job of things. Shame may arise.

Remember our common humanity-

All humans are imperfect, struggle, and suffer.

We share the human right to compassion.

Make a connection (real or imagined) with persons with similar difficulties.
Connecting to Our Common Humanity

In the Moment-
Common Humanity
Practice 2
Self-Kindness

“If I were just a better parent, I would know how to help soothe my child.”

How can I be kind to myself, in this moment?

What do I need?
Compassionate U-Turn

In the Moment – Self-Kindness
Practice 3
Approaches to Difficult Emotions

- Labeling Emotions
- Finding Emotions in the Body
- Soften-Soothe-Allow
Being with Difficult Emotions
Soften-Soothe-Allow

A 3 part practice
• Do one part in the moment or
• Do all 3 parts together with a bit more time

Practice 4
How do we help our children to become self-compassionate?

Four Steps to Help Children Grow Self-Compassion

1. Caregivers learn the skill of self-compassion either on their own or alongside their child.


3. Be the external voice that you want children to internalize.


Learn More about the Mindful Self-Compassion (MSC) Program and Practices:

- Center for Mindful Self-Compassion: [https://centerformsc.org/](https://centerformsc.org/)
- Kristin Neff’s website: [https://self-compassion.org/](https://self-compassion.org/)
- Christopher Germer’s website: [https://chrisgermer.com/](https://chrisgermer.com/)
- Self-Compassion for Children and Caregivers (parent-child adaptation of MSC) and Resilient Parenting: [https://jamielynntatera.com](https://jamielynntatera.com)
- CompassionMKE - dedicated to increasing the connection and well-being of people living in Milwaukee and beyond [https://www.compassionmke.com/](https://www.compassionmke.com/)
Offering training, education, and consultation: Mindful Self-Compassion and Compassion Resilience in Wisconsin and virtually

Barbara Moser, MD
CompassionMKE

https://www.compassionMKE.com/
Barbara@compassionMKE.com
QUESTIONS??????

Thank You!!!