

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.

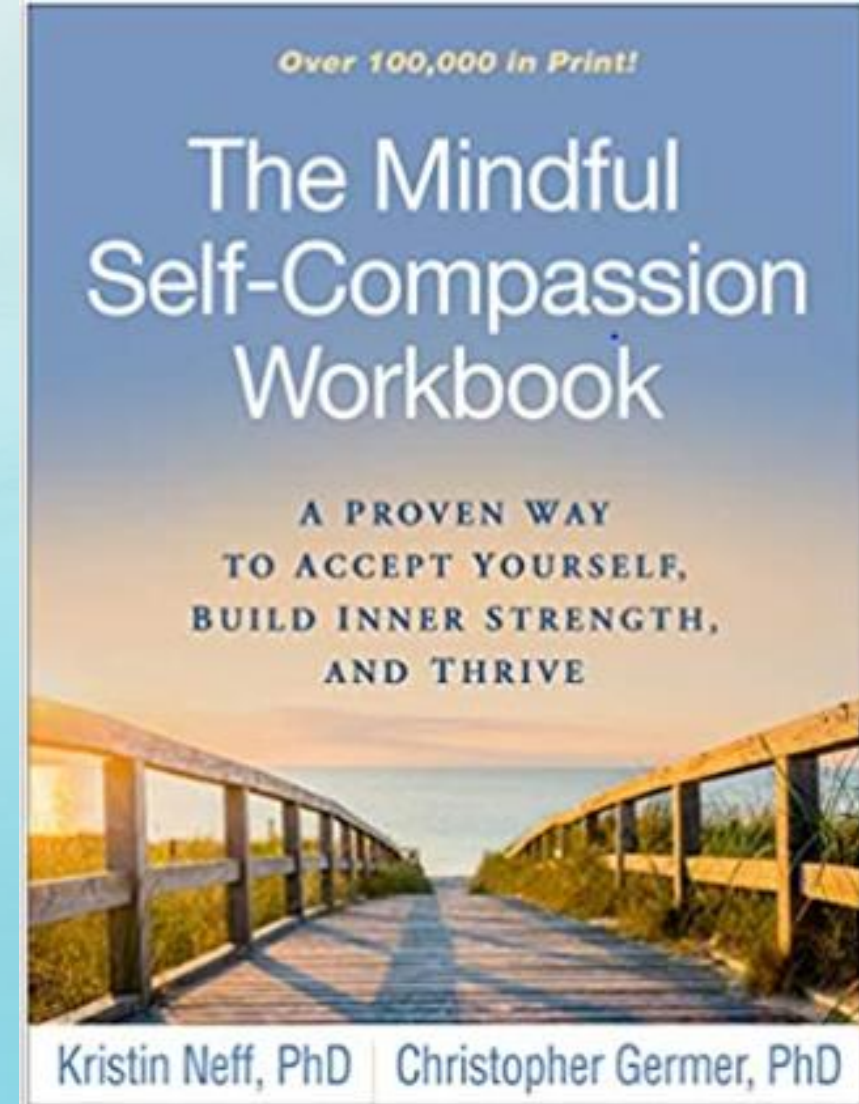
Mindful Self-Compassion Program

Developed by Christopher Germer
and Kristin Neff in 2010

Neff, K., & Germer, C. (2018).

The Mindful Self-Compassion Workbook.

New York: Guildford Press



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.
2. Model self-compassion in the presence of children.
3. Be the external voice that you want children to internalize.
4. Children learn and practice offering themselves self-compassion.

<https://jamielynntatera.com/2022/10/four-steps-to-help-kids-grow-self-compassion>

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

- Center for Mindful Self-Compassion: <https://centerformsc.org/>
- Kristin Neff's website: <https://self-compassion.org/>
- Christopher Germer's website: <https://chrisgermer.com/>
- Neff, K. and Germer, C. (2018). The Mindful Self-Compassion Workbook: New York, Guildford Press.
- Self-Compassion for Children and Caregivers (parent-child adaptation of MSC) and Resilient Parenting: <https://jamielynntatera.com>
- CompassionMKE - dedicated to increasing the connection and well-being of people living in Milwaukee and beyond <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!!!**

