

Steady Space **A Parent's Guide to Self-as-Context**

 **Holding the pond, not just the ripples.**



For Parents

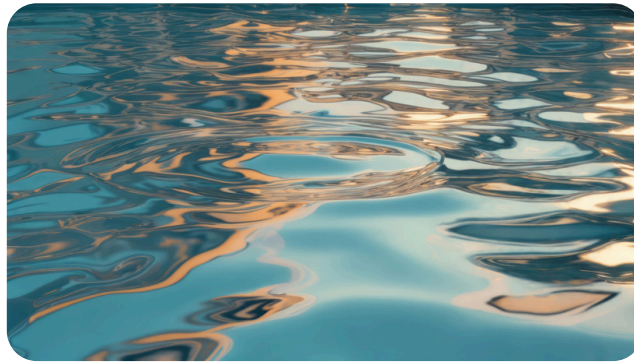
Parenting brings both beauty and challenge – laughter at bedtime stories, frustration over spilled juice, tears when the day feels too heavy.

Self-as-Context is a gentle reminder that you are more than any single thought, feeling, or moment. Just like a pond can hold ripples without becoming the ripple itself, you can hold both joy and stress, calm and overwhelm – and still be steady at your core.

This mini resource offers quick, practical practices to help you notice your own “ripples,” find steadiness, and model perspective for your child. It’s not about being perfect. It’s about remembering you are the whole pond – and showing your family what that looks like in everyday life.

 *These practices are small steps to help you stay steady – even when life feels stormy.*

Quick Practice #1



Observe Your Own Ripples

- Pause once today to ask: *“What am I feeling right now?”*
- Imagine that feeling as a ripple on a pond – big or small, calm or stormy.
- Gently remind yourself: *“I am the pond. This ripple is just passing through.”*

Why it matters:

Kids notice how we respond to stress. When you can name and hold your own ripples, you show them that steadiness is possible.

Put Into Practice:

- How many times per day can I commit to practicing this?
- What might make practicing this difficult?
- What might make practicing this successful?

Why Might This Be Important for Me?

- Will this help me with conversations and interactions with my kids and family?
- Will this help me at work?
- Will this help how I view myself?

 **Tip:** Keep your answers simple. Even noticing one helpful point is a step toward steadiness.

Quick Practice #2



The Steady Breath

- Take three slow breaths, in and out.
- Imagine each breath as widening the pond – giving more room for ripples.
- Say silently: *“I can breathe steady, even when life feels unsteady.”*

Why it matters:

Your breath is always with you. Practicing calm breathing helps your nervous system settle – and shows kids calm can be chosen, not forced.

Put Into Practice:

- When during the day could I pause for three breaths?
- What might make it difficult to pause?
- What might help me succeed in pausing?

Why Might This Be Important for Me?

- Will this support my patience with my kids?
- Will this help me manage stress at work?
- Will this remind me I can carry calm into my day?

 **Tip:** Keep your answers simple. Even noticing one helpful point is a step toward steadiness.

Quick Practice #3



☀ Naming the Bigger Picture

- When stressed, name one hard thing you're holding and one hopeful or steadying thing.
- Example: *"This day feels overwhelming... and I'm grateful for my friend checking in."*
- Remind yourself: *"I am bigger than both the hard and the hopeful."*

Why it matters:

Holding both strengthens resilience. Kids see that you can be honest about struggles and still notice light – a model of balance and depth.

📝 Put Into Practice:

- How many times this week can I name both a hard and a hopeful thing?
- What might make noticing the hopeful harder?
- What might make noticing the hopeful easier?

💡 Why Might This Be Important for Me?

- Will this give me language for guiding my kids?
- Will this help me feel steadier in relationships?
- Will this remind me I am more than one moment?




🌟 **Tip:** Keep your answers simple. Even noticing one helpful point is a step toward steadiness.

Reflection: What Stuck With Me?



Take a moment to pause and think about the three practices you tried.

Which one felt most helpful for me today (this week)?


-  Quick Practice #1: The Ripple Observer
-  Quick Practice #2: The Steady Breath
-  Quick Practice #3: Naming the Bigger Picture

Why did this one stand out to me?

- Did it feel easiest to remember?
- Did it make me feel calmer or more steady?
- Did it feel like something I could model for my kids?

What steps would I like to take next?

- Practice two or three of them back to back?
- Practice one of them more often?
- Practice one of them in a different place or at a different time?
- Ask my child or partner to practice with me?




 There's no "right" answer – just noticing which practice connects with you most is already a powerful step.

Keep Going



This mini resource gave you three simple ways to practice Self-as-Context: remembering you are more than one thought, one feeling, or one moment.

If you'd like to go deeper, the **Expanded Parent Pack** offers:

-  More practices with step-by-step guidance
-  Reflection prompts for parents
-  Flexible tools to weave into real family life

 Your steadiness is one of the greatest gifts you can give your child.

 Find the expanded version at **Mindful Living Resources™**.

 You are the whole pond, not just the ripples.