

3 Tiny Noticing Practices for Calmer Parenting

Small steps to support calmer reactions, connection, and gentle growth.



✨ Includes 3 tiny noticing practices, a mini checklist page, and potential apps for those who prefer electronic checklists!

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Welcome Letter

Hi there, gentle explorer!

Welcome to **3 Tiny Noticing Practices** for Calmer Parenting.

Whether you're here to build more connection with your child, find a moment of calm in a busy day, or simply grow your own awareness, you're in the right place.

These practices are designed to be simple, quick, and flexible – no strict scripts, just gentle ideas to help you slow down, notice your inner world, and connect with your child in small, meaningful ways.

Inside, you'll find three easy noticing practices, a printable mini checklist, and even a few app suggestions if you prefer to keep your reflections digital.

Feel free to adapt these practices to match your own language and family rhythms. The most powerful tools are the ones that feel authentic and natural to you.

Thank you for inviting these gentle moments into your life – one tiny step at a time.

With care and kindness,

Michael

Mindful Living Resources 



Practice 1:

The Micro-Moment Pause

Why?

Tiny pauses throughout the day can help you tune in before reacting - creating space to respond with more calm and care.

How?

- ✓ Take a slow, gentle breath (even one is enough).
- ✓ Briefly scan your body - notice tight shoulders, clenched jaw, or a racing heart.
- ✓ Gently ask yourself: "What matters most right now?"

Potential phrases to try (only if they feel natural):

- 💬 "I notice I'm getting tense - let me pause for a moment."
- 💬 "My body feels tight; I can take one small breath before I speak."

Parent tip:

Try practicing this during everyday moments first - like while waiting at a red light or before answering a question - so it feels more accessible when things get tough.



Practice 2: The Noticing Out Loud

Why?

When you share what you notice out loud, it models self-awareness and invites your child to do the same. It also helps bring your mind into the present moment.

How?

- ✓ Name something you notice in your environment or in yourself.
- ✓ Keep it simple and descriptive, without judgment or extra story.

Potential phrases to try (only if they feel natural):

💬 "I notice the sun feels warm on my face right now."

💬 "I'm noticing my heart is beating faster after picking up all those toys!"

💬 "I see your shoulders relaxing when you finish that puzzle."

Parent tip:

Practice this when things are calm at first – during a walk, at dinner, or while playing – so it becomes easier to use in trickier moments later.



Practice 3:

The Tiny Pause Before Responding

Why?

A small pause before reacting can help you move from automatic responses to thoughtful choices. It gives your nervous system a quick moment to reset and invites a calmer connection.

How?

- ✓ When you feel triggered, take one slow breath before you speak or act.
- ✓ Gently check in with your body or mind: "What's happening for me right now?"
- ✓ Then decide what to say or do next.

Potential phrases to try (only if they feel natural):

- 💬 "I'm going to take one breath before I answer."
- 💬 "I notice my shoulders are tight; I'll pause for a second."
- 💬 "I want to think for a moment before I respond."

Parent tip:

Start practicing this pause during small, non-stressful moments - like when a child interrupts a task or asks for help - to build the habit gently over time.

Mini Noticing Practices Checklist for Calmer Parenting

Use this gentle list as a quick reminder during your day. You can print it, save it on your phone, or even jot it on a sticky note.

Take one small, slow breath.

A single breath can create just enough space to choose your next move.

Notice one body clue.

Tight jaw? Heavy shoulders? Shallow breathing? Just notice without judging.

Name what you feel or see out loud.

Brings you into the present and models calm awareness for your child.

Pause before you respond.

These pauses can shift a reaction into a thoughtful choice.

Prefer digital tools?

If paper isn't your style, try using a notes app or checklist app to keep these practices handy. Apps like Google Keep, Apple Notes, or Todoist let you create quick reminders or checklists that you can tap during busy moments.

Every small pause is a brave step toward connection. You're doing wonderful work.