

Catch a Moment With a Parent

Sometimes feelings, thoughts, and reactions move fast.

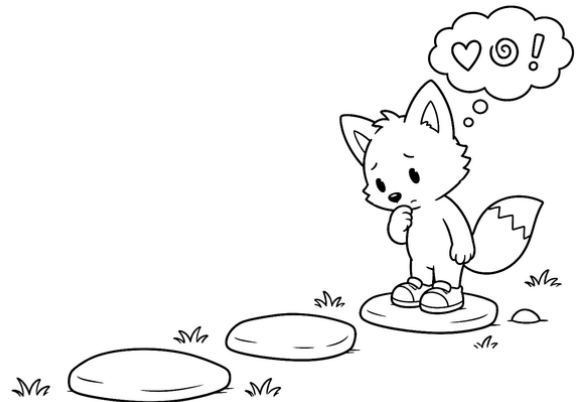
Noticing means slowing down just enough to see what is happening **before we decide what to do next.**

What Do You Notice?

Think about a moment when something felt hard, frustrating, or fast.

What did you notice in your body?

- ☐ Tight
- ☐ Hot
- ☐ Wiggly
- ☐ Heavy
- ☐ Fast heartbeat
- ☐ Something else: _____



What thought(s) showed up?

- ☁ " _____ "
- ☁ " _____ "

What did your body want to do?

Now Try One Small Pause

Put one hand on your belly.

Take one slow breath in.

Take one slow breath out.

Then notice:

One thing I see: _____

One thing I hear: _____

One thing I feel: _____

You don't have to fix anything yet. You're just noticing.

Practice Noticing Together

Pick a small everyday moment to practice with. It doesn't have to be a difficult one.

Parent Notices

Take a moment and notice what is happening for you.

- In my body, I notice: _____
- A thought I notice:
" _____ "
" _____ "

Child Notices

Now let your child notice what is happening for them.

- In my body, I notice: _____
- A thought I notice:
" _____ "
" _____ "

Notice Together



Look around together.

- We can see: _____
- We can hear: _____
- We can feel: _____

One Question Before Moving On

What did we notice that we might have missed if we moved too fast?

Noticing doesn't have to change the moment. It helps us see the moment more clearly.

What Happens After This Moment?

You know you want to support your child—but do you get stuck knowing what to say or do when the big feelings actually show up?

You just practiced **Notice**, the first of the five **Steady Steps™**.

That's one skill you can practice together. But you don't have to figure out the rest on your own.

Want More Ideas Like This?

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Ready to Practice All Five Steps?

Steady Steps™ gives parents and children a simple, structured way to practice together—not just when things are going well, but in the real-life moments when feelings get big.

Explore all five steps:

Notice • Name • Make Room • Shrink • Try

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