

mindfulness mom Mail

Heya,

I don't know about you, but the screen time guilt trip is real. And then on top of that I get sometimes so influenced by parenting experts on social media wanting to help me become the best parent by providing rock solid, scientific evidence on how "bad" TV is for our kids and I am like thank you so much but now I feel crappy...

You might want to tell me right now: "*Uhm Joline, hey sweetie, uhm, aren't you a parenting expert as well?*"

Well yeah, I am. But I am still human and we all get influenced by others, because we all want the best for our children. We do. We don't want to mess them up and if someone gives us rocksolid evidence of why something is "bad" than we feel like, if we do this, we will fvk up our kids, right?

Let me tell you about my day:

Today though, today not only my hormones decided that my alter ego is a midevil demon, who only wants to eat and if someone would even come close to touching her she'd would lose it.

And it's not that I am not aware of it and I tried SO hard to be conscious and aware and present, but I couldn't.

I felt awful.

I was snappy and quick to respond (or rather react).

Until I asked my village for help.

Part of my village is a Samsung 32" Class The Frame QLED HDR Smart TV.

It helped.

Both of us.

I wasn't able to show up the way I wanted to and in my head I was thinking: "*Change your mindset, you get to do this*", "*be grateful*", "*TV is bad you'll mess him up!*".

Until I realized, I would probably "hurt" him more by yelling and snapping at him all day than adding some screen time today.

And on top of that everything is balance. And I was out of balance.

I needed to reestablish my connection to myself so I was able to connect with my son, kindly, consciously and that sometimes requires to turn on the TV so I can show up for myself first.

I want to remind you it is better for your relationship to your child to sometimes use tools like an iPad or TV so you can gather yourself instead of yelling, screaming and shaming your child for simply asking for dinner.

To be honest sometimes its not just for an hour but a day or two until you really can show up again.

I see you, I am you.

Also the waitlist to "**Rage to Resilience- how to turn Triggers into teachable moments**" is still open. If you want to learn why your child triggers you so much and how to actually use those raging moments to learn how to connect with yourself and your little one, you can sign up (no strings attache) for more information down below.



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