



THE EXPONENTIAL LEADERSHIP ACADEMY

Stress Free with Kids

With burnout, comes irritability and a lowered sense of calm. Your energy truly does impact the energy of the people around you. No more so true than with our children. Even though you **THINK** they're not noticing, their inner guidance systems are going crazy. The signs for when children are stressed are instant if you know your children well and are paying attention.

- They start acting up at school
- They start having nightmares or restless nights
- They can start wetting the bed or manifest diarrhea or constipation
- They start to become clingy and moody.

And of course then there's the impact that their noise and moods have back on to **YOU!**

The noise they make around the house seems to be louder these days, instantly getting on your nerves. And when your child trips and scuffs their knee, you're not so quick to rush to their side to help these days.

Then there comes the day when you're trying to listen to the radio report in the car on the ride in to drop them at school, and they're in the back making too much noise, so you turn and snap, yelling at them to just shut up! And there, my friends, is the tipping point.

You realize that what you just did was outside your normal personal traits, and it stresses you more that you're becoming a bad parent.

Well, I have something very important to tell you:

#1 - it's very common, so don't beat yourself up

#2 - although our kids are affected quickly, they can also bounce back quickly

#3 - through practicing the Exponential Stress-Less Kids techniques, your own levels of stress will quickly evaporate and you will find that inner Zen-parent that is trying to get out!

Take any of the following techniques and fun games, to not only create a happy stress free environment for your children, but also to enhance your relationships with them and create a happier family.

Life and family time should be fun. Dedicate yourself to ensuring it is.

The Gratitude Game:

Teach kids this game when they're in a **GOOD** mood first! Then play every morning in the car ride to school.

Taking turns, list one thing you're grateful for today. Items can be big or small. Over the years I've heard "The color Yellow, because that's mum's favorite color", or "the sound that buzzy bees make". Do 3-5 rounds each morning or evening.

How it helps: Instantly changes the mood in a car. Even if a child refuses to partake, they're impacted and feel left out by round number 3 so invariably think of something, **AND** their mood will change anyway.



Crazy Dancing:

When we're stressed, we reduce our levels of play, even avoiding our child who constantly wants to play tea parties with us. Avoid boring games, but counter it with movement.

Have a crazy dancing contest. Use your mobile phone to act as the remote to stop and start the music. The first 2 rounds will be in a group - including you, dancing your silliest 'Alien' dance. Then if you want, you can sit aside and act as the judge, whilst calling out what 'Crazy Beings' they need to be. The winner of each round gets one point. (Be prepared with a gift or reward, and a second prize too!)

Crazy Ideas - Pigs / Aliens / Robots / Birds / Kittens / Snowmen / Famous Singers etc.

How it helps: Kids get their fix of your attention. It raises the energetic vibration. There's lots of laughter and fun

Tickle Fest:

During periods of stress, our children's immunity will be lowered. If you hear them cough or snuffle, tell them it's time for the Tickle Monster to appear! Spend 5 minutes tickling your children!

How it helps: That 5 minutes will boost their immune system, increase their endorphins, dopamine and oxytocin levels, and raise the energetic vibration for the rest of the day

Pay with Hugs:

Just because you may be less inclined to hug and want company during this time, does not mean your children and partner should go without. This is the time when holding hands, placing your hand on their shoulder and hugging is essential. Children all need physical touch to elevate their Oxytocin and ensure they feel supported and loved by those people they look up to. That's you.

Make an effort to sit with your child when they're watching TV, putting an arm around their shoulder. When standing in a queue, put your hands on their shoulders. Hold their hand often.

Any connection will make a huge difference to your child.



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Make Rules:

Create a Family Rules poster, with the help of your children. Put it up where everyone can see it. Add at least 5 wonderful (not strict) family rules such as:

Pay with hugs / be considerate of others / Laugh often / Share your dreams and toys / Kiss mummy every morning (my favorite!)

Kids love rules, they love boundaries, and they love to see and hear loving, kind words. Imagine your children reading rules like those above each and every day. How different they will see life!

In the midst of a storm:

Be mindful. Your children feed off you. Even if you don't think they do, test this theory.

- Slow your walk when you're around them.
- Count to 10 inwardly if your child is exploding. Then gently say "Anger is not acceptable in this house, let us know when you're ready to be part of this happy family again"
- Keep saying: "this is the happiest family ever!" (Like a personal mantra, the kids start to believe it and use that saying too)
- Talk to your children about anger and sadness. The more you talk without judgment, the more they will open up
- Be silly. A child can't stay angry for long when you're running around the house with the other child acting like bear cubs.

Think of your kids as magnets or sponges - they take in everything you do or say. Their mirror neurons in their brain are overly active, feeding off the people around them as well as environmental cues. As a parent you have the power to make a difference in their lives, setting them up to become resilient, happy leaders themselves.

And when it's this fun to do so, why would you not!??!

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