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NEW RAINBOW EDUCATION LLC

Official Newsletter of the Calm and Connected Parent.



Managing Stress and Disease with Mindfulness

Berdette Henry MS Sp. Ed

Mindfulness practices like breathing, and being present have been proven to cultivate happiness and aid in managing stress. Using breathing techniques and practicing being present daily can be simple to do and incorporated in many situations. These healthy behaviors also may reduce chronic illnesses such as cardiovascular disease and diabetes. Sounds great, right? Sign me up. Anything to manage my stress and lower disease. However, it's still a struggle to be mindful because of the constant barrage of distractions present in our modern lives. Shutting off auto-pilot to be intentional takes practice. Begin with small steps. If you find yourself going on about your daily life - sitting, standing, walking, or waiting it is a perfect opportunity for a mindful moment. Here are some ways to practice mindfulness throughout your day.



Mindful Eating

Practice focusing on and savoring the smell, textures and taste of your food. Create a beautiful table setting and enjoy your meal.

Morning Affirmations

Start your day by taking 5-10 minutes to affirm to yourself in the mirror. Begin with something simple: I am happy and grateful for my health. I am happy and grateful for my supportive family. Everything is always working out in my favor. Repeat your affirmations 2-4 times. Create your own list.

Mindful Driving

Turn off electronics and take in what's going on around you, using your 5 senses to drive. Keep your eyes on the road!

Bedtime Body Scan

In body scanning, you pay attention to each body part bringing your awareness to pains, tension or any discomfort you may be experiencing. It can help you feel more connected to yourself. Begin at your feet, working your way to each body part until you do this with your entire body.

C.A.L.M. Corner

Create a space for you and the kids to take a break and reset. Try some calming activities like breathing, stretching or practice being silent. Want to learn more about creating a calm corner in your home? Visit our [resource page](#).





Parenting with Intention Challenge

Take part in our 5-Day Parenting with Intention Challenge. Here are some simple ways to connect with your child throughout the day.

Day 1. Smile at your child more. Make sure whenever you make eye contact with your child greet them with a smile.

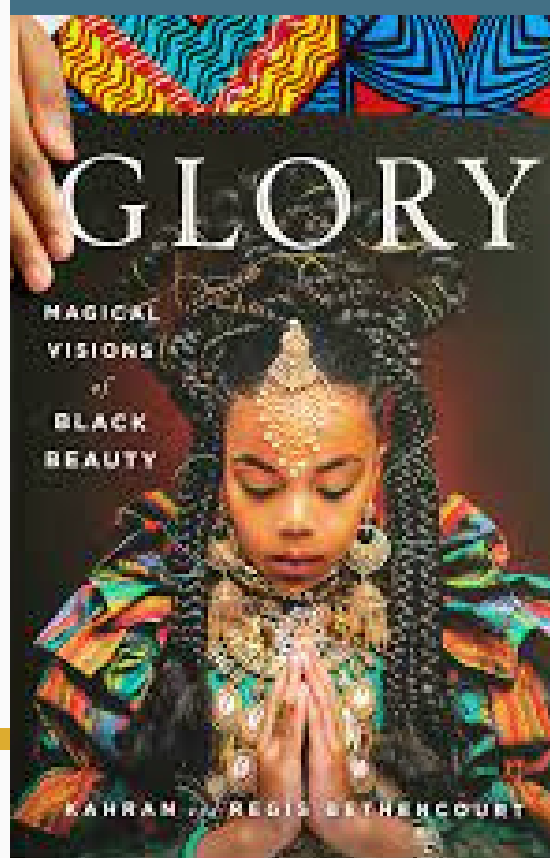
Day 2. Lower your voice. Whenever the volume in your house rises, lower yours. Make your requests using that same tone.

Day 3. Speak clearly. Say exactly what you mean. Be clear when speaking to your child. When giving your child a directive make sure you are specific. (for instance, being home at 6:30 versus being home before dark).

Day 4. Delegate. Assign one chore you dislike doing today and have your kids help out.

Day 5. Collaborate. Work together on identifying both you and your child's strengths and weaknesses. Each of you pick one to address, this work session helps in creating new connections with your children as well as giving them new tools to handle challenges on their own.

What We are Reading and Listening to...



GLORY: Magical Visions of Black Beauty

Kahran Bethencourt, Regis Bethencourt · 2020

The beautiful coffee-table book pays homage to the story of our royal past, celebrates the glory of the here and now, and even dares to forecast the future. It brings to life past, present, and future visions of black culture and showcases the power and beauty of recognizing and celebrating oneself.

Affirmations for Black Boys

Better You Etc. Publishing 2021

This is an audio series that serves as a tool to help Black boys realize their potential and walk into the greatness that they deserve to enjoy. Affirmations have the power to change your mind and as a result, transform your present and future. These affirmations should be listened to daily, even if only for 5 minutes. Over time the negative voices and generational curses will begin to be torn down and our Black boys will begin to realize that they are destined for greatness and born to win. Be Blessed.

