# Session Three

## Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session Three Facilitation Outline</td>
<td>3</td>
</tr>
<tr>
<td>Session Three Course Material</td>
<td>8</td>
</tr>
<tr>
<td>Session Three Framework:</td>
<td>8</td>
</tr>
<tr>
<td> Goals:</td>
<td>8</td>
</tr>
<tr>
<td> Theoretical Background:</td>
<td>8</td>
</tr>
<tr>
<td>Session Prep:</td>
<td>8</td>
</tr>
<tr>
<td>Arrival &amp; Welcome</td>
<td>9</td>
</tr>
<tr>
<td>Pause for Practice – Centering with 4-5-6 Breathing</td>
<td>9</td>
</tr>
<tr>
<td>Group Reading: Poem - Tonight is Love</td>
<td>9</td>
</tr>
<tr>
<td>Check-In</td>
<td>9</td>
</tr>
<tr>
<td>Review and Reflect:</td>
<td>10</td>
</tr>
<tr>
<td> Session Two Reflections:</td>
<td>10</td>
</tr>
<tr>
<td> Readings for Session Three:</td>
<td>10</td>
</tr>
<tr>
<td>Pause for Practice: Rediscovering Beginner Mind:</td>
<td>12</td>
</tr>
<tr>
<td> Heart-Centered Dialogue – Rediscovering Beginner Mind:</td>
<td>12</td>
</tr>
<tr>
<td>Transition to this Week’s Focus</td>
<td>13</td>
</tr>
<tr>
<td>Child Emotional Development</td>
<td>13</td>
</tr>
<tr>
<td> Falling In Love and Appreciating Relationships (2-7 Months):</td>
<td>13</td>
</tr>
<tr>
<td> Heart-Centered Dialogue – Helping Baby Fall in Love:</td>
<td>14</td>
</tr>
<tr>
<td> Recognizing Baby’s Cues of Love:</td>
<td>14</td>
</tr>
<tr>
<td>Attachment and Attunement</td>
<td>15</td>
</tr>
<tr>
<td> Fostering Attachment and Attunement:</td>
<td>15</td>
</tr>
<tr>
<td> Heart-Centered Dialogue – Fostering Attachment/Attunement:</td>
<td>16</td>
</tr>
<tr>
<td>Self-Compassion Focus: Mindfulness</td>
<td>16</td>
</tr>
<tr>
<td> Why Practice Mindfulness?</td>
<td>17</td>
</tr>
<tr>
<td>Pause for Practice: C.O.A.L</td>
<td>17</td>
</tr>
<tr>
<td>Pause for Practice – Sensing with Pleasure using C.O.A.L:</td>
<td>18</td>
</tr>
<tr>
<td> Heart Centered Dialogue – Sensing with Pleasure:</td>
<td>19</td>
</tr>
<tr>
<td>Next Week’s Focus</td>
<td>19</td>
</tr>
<tr>
<td>Deepening Your Awareness at Home</td>
<td>19</td>
</tr>
<tr>
<td>Reflections for Session Three:</td>
<td>19</td>
</tr>
<tr>
<td>Readings for Session Four:</td>
<td>19</td>
</tr>
</tbody>
</table>

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*Session 3 - Outline - Page 1 of 20*

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# Session Three Facilitation Outline

**Activity**

<table>
<thead>
<tr>
<th>Session Prep</th>
<th>At Home</th>
</tr>
</thead>
</table>

## Session Three Goals

- Provide an opportunity for mothers to experience using their senses to re-discover their ‘beginner mind’ and their baby’s learning environment.
- Understand how ‘falling in love’ aids in baby's cognitive development.
- Appreciate setting aside dedicated time for one-on-one interaction.
- Begin to recognize baby's cues for love and engagement and disengagement.
- Understand the difference between ‘attachment’ and ‘attunement’ and the importance of being ‘attuned’.
- Introduce the practice of C.O.A.L.
- Present the Self-Compassion focus of Mindfulness and its importance to the Self-Compassion triad.

## Arrival and Welcome

**Pause for Practice: Centering with 4-5-6 Breathing**

‘I have arrived. I am here’.

**Group Reading: Poem - Tonight is Love**

*The subject tonight is Love*

*And for tomorrow night as well,*

*As a matter of fact*

*I know of no better topic*

*For us to discuss*

*Until we all*

*Die!*

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*Session 3 - Outline - Page 3 of 20*
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Check-In

Review and Reflect

Reflections Session Two

- Did they take a few moments to be mindfully present and engage their babies using all of their senses?
- Were the mothers able to identify some tendencies around their baby's temperament?
  - Receptiveness to new things
  - Vigor
  - Sensory stimuli, noise, light, touch
  - Regularity
  - Ease of distraction & overall mood
- What sense did they notice that their baby tended to use to soothe themselves?
- Did they notice anything that they could do differently to further support their baby's holding environment?
- Did they find themselves pausing for practice and centering themselves by using "I've done my best, now forget the rest" practice?

Readings for Session Three

Five Basic Elements to Foster Secure Attachment
By: Daniel J Siegel, MD
From; Interpersonal Neurobiology of the Developing Mind

Book Passage Hard Wired for Empathy
By Christopher Germer, PhD, from The Mindful Path to Self-Compassion. Freeing yourself from Destructive Thoughts and Emotions. Guilford Press. 2009.

Mindful Motherhood
By: Cassandra Vieten, Phd.
2009 New Harbinger Publications

Developing Self-Compassion & Learning to Be Nicer to Ourselves
Tiny Buddha
By Bobbi Emel
http://tinybuddha.com/blog/self-compassion-learning-to-be-nicer-to-ourselves/

40 Ways to Practice Self-Kindness
By Mike O’Connor Jan, 2014

Pause for Practice: Rediscovering Beginner Mind
## Session Three Facilitation Outline

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart-Centered Dialogue - Rediscovering Beginner Mind</td>
<td>20 min</td>
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<tr>
<td>- Have mothers express how they felt as they mindfully practiced experiencing and exploring the nuances of their chosen item.</td>
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<tr>
<td>- Were they able to fully notice and savor, discovering and fully experiencing all its qualities?</td>
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<tr>
<td>- How did they respond to themselves if they found their minds wandering?</td>
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<tr>
<td>- Were they able to discover their beginner mindset?</td>
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<tr>
<td>- How does this relate to how their baby experiences the world?</td>
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<tr>
<td>This Week’s Focus: Child Emotional Development</td>
<td>20 min</td>
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<tr>
<td>Falling In Love and Appreciating Relationships (2-7 Months)</td>
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<tr>
<td>Heart-Centered Dialogue - Helping Baby Fall in Love</td>
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<td>- Describe a time when you felt connected to your baby, or maybe the first time you felt you were “in love” with your baby.</td>
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<td>- How do you feel as part of being in love with your baby? How does your body feel?</td>
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<tr>
<td>- What sorts of things do you do with your baby to show them you are in love?</td>
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<tr>
<td>- What sorts of things does their baby do to show them they are engaged and ‘in love’?</td>
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<tr>
<td>- Have your babies cues evolved?</td>
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</tr>
<tr>
<td>Recognizing Baby’s Cues of Love</td>
<td></td>
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<td>Attachment and Attunement</td>
<td>20 min</td>
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</tr>
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<td>Heart-Centered Dialogue Attachment/Attunement</td>
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<td>- What are some things the mothers do to attempt to connect with their babies?</td>
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<td>- Have they been surprised by what sorts of things interest their babies?</td>
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<td>- What sorts of things have they introduced them to?</td>
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<td>- Have they found their reactions to always be positive?</td>
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<td>- What did they do if their baby’s reactions weren’t positive?</td>
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</tr>
</thead>
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</tr>
<tr>
<td>Why Practice Mindfulness?</td>
<td></td>
</tr>
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<td>Pause for Practice: C.O.A.L</td>
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</tr>
</tbody>
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**Pause for Practice:** C.O.A.L

- **Curiosity**: Approach with curiosity, unbound, free to explore like a child.
- **Openness**: Be open to whatever you experience. Notice yourself.
- **Acceptance**: Accept whatever you find. Just notice.
- **Love**: Approach yourself and your practice with love and kindness.

**Pause for Practice - Sensing with Pleasure using C.O.A.L**

**Heart-Centered Dialogue - Sensing with Pleasure**

- Were they able to shut out all the noise and be present with their baby visually noticing?
- How did the interaction with their baby feel?
- Did they find their mind wandering? How did they bring themselves back to the present moment, or did they?
- If their baby did not appear to be receptive what did they do?
- Was there a particular sensation, feeling or thought that surprised them?
- How did their bodies feel at each of the check points in the practice? Did they notice a difference?
Session Three Facilitation Outline

<table>
<thead>
<tr>
<th>Activity</th>
<th>Proposed</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Next Week’s Focus</strong></td>
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<td>10 min</td>
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<tr>
<td>Next week, we will be exploring the necessary role of a ‘good enough mother’. Begin to identify some of the events that trigger mothers to unconsciously take the ‘low road’ vs a ‘high road’ of situational processing and the importance of repair. We will also discuss Common Humanity and its importance to our practice of Self-Compassion.</td>
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<td></td>
</tr>
<tr>
<td><strong>Deepening Your Awareness at Home</strong></td>
<td>Reflected Topic for Session Three</td>
<td></td>
</tr>
<tr>
<td>• Are they able to be present without distractions and if not, how did they go forward?</td>
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<td></td>
</tr>
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<td>• Reflect on feelings, sensations and thoughts.</td>
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</tr>
<tr>
<td>• Notice how their body feels with each of the check-ins.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Readings for Session Four</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How We Keep It Together and How We Fall Apart: The High Road and the Low Road By: Dan Siegel From: Parenting From the Inside Out</td>
<td></td>
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</tr>
<tr>
<td>A Violinist in the Metro</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Closing Ritual - Weaving the Circle</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>End of Session Summary</strong></td>
<td>At Home</td>
<td></td>
</tr>
</tbody>
</table>
Session Three Course Material

Session Three Framework:

Goals:

- Provide an opportunity for mothers to experience using their senses to re-discover their ‘beginner mind’ and their baby's learning environment.
- Understand how ‘falling in love’ aids in baby's cognitive development.
- Appreciate setting aside dedicated time for one-on-one interaction.
- Begin to recognize baby's cues for love and engagement and disengagement.
- Understand the difference between ‘attachment’ and ‘attunement’ and the importance of being ‘attuned’.
- Introduce the practice of C.O.A.L.
- Present the Self-Compassion focus of Mindfulness and its importance to the Self-Compassion triad.

Theoretical Background:

Books identified below are used in session three and are referenced throughout the curriculum:

1. FIRST FEELINGS, Stanley Greenspan
2. ONENESS AND SEPARATENESS, Louise Kaplan
3. BUILDING HEALTHY MINDS, Greenspan, S.
4. FIRST FEELINGS, Greenspan. S.
5. MINDFUL BRAIN: REFLECTION AND ATTUNEMENT IN THE CULTIVATION OF WELL-BEING, Dan Siegel, MD

Session Prep:

Consider the following items when preparing for your group session:

- **String and scissors** – for ‘Weaving the Circle’ closing ritual if needed.
- Plan to print session three REFLECTIONS.
- Set your space with beauty.
- Prep **Rediscovering Beginner Mind** Exercise:
  - Mysterious candy one for every mother (sans nuts).
  - Paper bag
  - The essence of the exercise is to create space for mothers to re-discover the process of using all of their senses and how their babies will experience new things.
  - Plan to use any mystery item: raisins, Hershey’s Kisses, etc. You don’t need to make a special trip to the store.
Arrival & Welcome

- Plan to arrive a few minutes early to set your space.
- Welcome mothers and babies as they arrive.
- Name tags may still be useful for this session.

Transition: Once everyone is settled in, begin with a Centering Practice.

Pause for Practice - Centering with 4-5-6 Breathing

Allow participants to get settled.

Invite them to bring their hand to their heart.

Breathe in out several times slowly.
Focus on your breath.

Take a deep breath in, hold for four and say to yourself “I have arrived,”
Hold your breath for a count of five.
Exhale for a count of six and say to yourself “I am here.”

Repeat two to three times.

Group Reading: Poem - Tonight is Love

The Subject Tonight is Love by Hafiz

The subject tonight is Love
And for tomorrow night as well,
As a matter of fact
I know of no better topic
For us to discuss
Until we all
Die!

Check-In

Check-ins are an opportunity to bring mother’s voices in and be witnessed in the mothering journey.

Questions:

- What is a ‘pearl’ for you from last week?
- Sometimes a highlight can be difficult. If a mother doesn’t have a highlight, ask them to share something that feels comfortable.

Facilitator Note: As a facilitator you may choose to briefly share a highlight from your week as a parent, demonstrating Common Humanity.
Track the sharing during check-ins as the ‘pearls’ shared can inform the course material and what you may emphasize.

**Review and Reflect:**

Transition from the check-in to last week’s **REFLECTION**. After an opportunity to discuss last week’s lesson material, ask if there was something that stood out for them in the reading material that they would like to share. Mothers may not have had a chance to read the articles so be prepared to share one or two salient thoughts.

**Session Two Reflections:**

- Did they take a few moments to be mindfully present and engage their babies using all of their senses?
- Were the mothers able to identify some tendencies around their baby’s temperament?
  - Receptiveness to new things
  - Vigor
  - sensory stimuli, noise, light, touch
  - Regularity
  - Ease of distraction
  - Overall mood
- What sense did they notice their baby tended to use to soothe themselves?
- Did they notice anything they could do differently to further support their baby’s holding environment?
- Did they find themselves pausing for practice and centering themselves by using "I've done my best, now forget the rest" practice?

**Readings for Session Three:**

*Five Basic Elements to Foster Secure Attachment*
By: Daniel J Siegel, MD
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*Mindful Motherhood*
By: Cassandra Vieten, Phd.
2009 New Harbinger Publications

*Developing Self-Compassion & Learning to Be Nicer to Ourselves*
Tiny Buddha
By Bobbi Emel
http://tinybuddha.com/blog/self-compassion-learning-to-be-nicer-to-ourselves/
40 Ways to Practice Self-Kindness
By Mike O’Connor Jan, 2014
Pause for Practice: Rediscovering Beginner Mind

The purpose of this practice is to invite mothers to re-discover curiosity and get back to the ‘beginner mind’; to use all of their senses to focus and appreciate their baby’s path and learning environment. Plan to use some sort of candy or ‘treat’ in order to engage all of the senses. Refrain from using anything with nuts. Confirm no one has food allergies.

Reach into the bag and choose an item.
Breathe deeply in and out a few times to clear your mind.
Look at the item you have chosen.
Observe the color, texture and shape of the item.
Enjoy the smell of the item. Notice if you begin to salivate.
How does the item feel in your fingers?
Begin eating. Feel the texture inside your mouth.
Close your eyes.
Slowly consume enjoying the feeling and flavor of your item.
Notice the feeling of the food in and on your tongue, between your teeth and as it goes down your throat.
How does it taste, what does it feel like in your mouth?
Now ask yourself: When I eat this, am I really enjoying it or am I preoccupied with other thoughts and feelings?
Be still. Slow down. Give undivided attention to your eating.
Stay in your body. How does your food feel in your mouth?
Be 100% in the experience of tasting.

Heart-Centered Dialogue - Rediscovering Beginner Mind:
Guide a discussion reflecting on the above Rediscovering Beginner Mind exercise.

- Have mothers express how they felt as they mindfully practiced experiencing and exploring the nuances of their chosen item.
- Were they able to fully notice and savor, discovering and fully experiencing all its qualities?
- How did they respond to themselves if they found their minds wandering?
- Were they able to discover their beginner mindset?
- How does this relate to how their baby experiences the world?
Transition to this Week’s Focus

In session one we discussed the important role of the mother in the creation of a positive holding environment which allows the baby to remain calm and support their ability to begin exploring their new environment and learning to Self-Regulate.

The power of the Listening Mothers™ program is the way in which the lesson material is delivered. Facilitators are provided a collection of discussion materials to use each week. After a brief introduction to the material, facilitators use their understanding of the material and expertise to guide participants through open-ended questions creating space for self-discovery via dialogue rather than a traditional lecture. The beauty of the Listening Mothers™ program is that it provides context for the transition to Motherhood by nurturing mothers’ inner wisdom, while providing tools by which to aid in the appreciation of their journey through self-discovery.

Life is a curriculum. The process is as important as the outcome. Remember to be flexible to make room for additional topics, recognizing that although we have a stated curriculum, each gathering is dynamic and is shaped by the stories and exchange in the room.

Child Emotional Development

We continue with the third pillar of the Listening Mothers™ curriculum. In session two we discussed as baby has the ability to take in their new environment in a calm state they have the capacity to further their interest in the world. They learn how to Self-Regulate by using cues in their environment which set them up for lifelong emotional regulation. These important building blocks set the stage for the next evolutionary phase which is Falling in Love, Appreciating Relationships and eventually the evolution of Developing Intentional Communication in session five.

Falling In Love and Appreciating Relationships (2-7 Months):

The importance of human relationships cannot be overstated especially for a new baby. Babies don’t want just any relationship, they want their caregivers; but primarily their mother.

Between the ages of two and seven months, a child begins to make the distinction between their mother, father and other individuals. Babies begin to show their parents they are a special: their faces brighten when their mother or father enters their field of vision, they begin to smile and look at them in the eyes and they show excitement with body movement.

The love all parents feel for their babies is a biological reaction. Even if parents are uneasy or nervous about parenthood, scientists have begun to discover that parents are biologically destined to love their babies.

A mother’s body lays the foundation for a strong emotional bond as her brain begins producing more oxytocin prior to birth. Oxytocin is like a switch that turns on parental instincts. Among its many functions, oxytocin contributes to milk production and initiates labor contractions.

After the miracle of the birthing process, a mother’s body is fully immersed in oxytocin which allows her to break through her exhaustion and pain to give her a feeling of euphoria and intense love as she holds her baby for the first time.

Fathers and or partners are not immune. Studies have shown that men’s testosterone levels tend to drop after the birth of a new baby, and some even produce additional estrogen clearing the way for
additional oxytocin and dopamine production. This contributes to new fathers being tender and attentive.

About 30 percent of mothers don’t immediately fall in love with their babies. This is often because the birthing process was not what they expected or did not go as planned.

There isn’t a magical “window of opportunity” for bonding. The bonding process can still take place even if a baby is born prematurely and has to spend days or weeks in an incubator. Disappointment, stress, or exhaustion can temporarily drown out the euphoric feelings of love and connection but the vast majority of parents grow attached to their babies within the first few months.

Adoptive parents also enjoy sensations that come with the flow of oxytocin and dopamine and ‘fall in love’, as the moment they meet their new child is incredibly powerful in its own right and allows for bonding to begin.

Heart-Centered Dialogue - Helping Baby Fall in Love:
Using the cues below, help guide a discussion that engages mothers to reflect on when they first fell in love with their babies.

- Describe a time when you felt connected to your baby, or maybe the first time you felt you were “in love” with your baby.
- How do you feel as part of being in love with your baby? How does your body feel?
- What sorts of things do you do with your baby to show them you are in love?
- What sorts of things does their baby do to show them they are engaged and ‘in love’?
- Have your babies cues evolved?

Recognizing Baby’s Cues of Love:

- Responding to mother’s smiles with a smile of their own,
- Making sounds and movements,
- Relaxing or displaying comfort when they are held or rocked,
- Cooing when they are held, touched, looked at or spoken to,
- Anticipation and excitement with the reappearance of mother’s face and voice,
- Looking uneasy or sad with the removal of their face in the midst of play.
- **Holding, Engaging and Containing:** Moments of harmony when mothers and baby are perfectly matched.
- **Matching and Latching:** baby latches on to their mother: mouth to nipple, eye to eye, ears to mouth, hand to hand.
- **Special relationship:** Mothers receives lovingly all of babies “products” including spits and poop.
Attachment and Attunement

One of the most important gifts a parent can give a child is their presence, validation, and security. When we are present with our children it lays the path for attunement and resonance. Attunement is when a parent is aware and present to the child’s inner thoughts, feelings, and emotions. When a parent is attuned, it creates a state of resonance and the child feels heard and supported. When we feel understood as an adult, it produces a sense of safety and trust. This is especially true for a child.

Daniel Siegel notes attunement and resonance build regulatory circuits in the brain that supports children’s ability to foster empathic relationships and be resilient in the future.

“When we attune with others we allow our own internal state to shift, to come to resonate with the inner world of another. This resonance is at the heart of the important sense of ‘feeling felt’ that emerges in close relationships. Children need attunement to feel secure and to develop well, and throughout our lives we need attunement to feel close and connected.”

Dan Siegel

Secure attachment and attunement is based on the premise that children build strong emotional bonds with caregivers during childhood with lifelong impacts.

Ainsworth was able to demonstrate “secure attachment” between infant and mother was of crucial importance to the child's psychological development and that a certain type of mothering – warm, sensitive, responsive and dependable - was the key ingredient in bringing this about. Secure attachment was seen as a source of emotional health, giving a child the confidence that someone will be there for them and the capacity to form satisfying relationships with others. (BECOMING ATTACHED, p. 5)

People often become confused with the concept of secure attachment and the movement of Attachment Parenting.

Securely attached children feel protected by their caregivers, and although may show distress when a caregiver leaves, they know that they can depend on them to return.

All children attach to their caregivers, but the theory behind Attachment Parenting is that children whose emotional needs have not been met can form insecure attachments. The concept of Attachment Parenting tends to promote specific “rules” for parenting, around sleeping, breastfeeding, how you ‘carry’ your child etc. Studies have shown that even if you do all right things as defined by the ‘rules’, if we are not attuned to our children, they can still develop insecure attachments.

Fostering Attachment and Attunement:

- Teach the baby about love by being loving and showing pleasure in your interaction.
- Set aside time when you are not distracted.
- Look for times when it is appropriate to interact with your baby.
- Hold or position your child so that you can see each other’s faces.
- Newborns need to be about eight- to 12-inches from your face to see it clearly.
• As infants grow maintain relatively close proximity.

• The key to expanding a baby’s ability to be secure, calm, and regulated is to meet them at the level of their ability, and then guide them from that base of security.

• Match facial expressions and tone when they begin their interactions.

• Pace your movements and vocal patterns to match the tempo of their child’s actions.

• Anytime a child becomes withdrawn or overexcited and irritable, return to what brought them calm and expand more slowly.

• Assume whatever is engaging a child is bringing them some pleasure.

• Following their lead does not limit in what to engage them. Entice them into an interaction.

• Discover which patterns help babies recover after stress.

• Employ patterns then stop to see if baby will use them on their own. (For example: Rattle a musical soft toy in front of your baby and see if it captures his attention. If they seem to enjoy it, encourage them to use it with your help at the beginning and then on their own when they seems somewhat unsettled for no apparent reason).

Heart-Centered Dialogue - Fostering Attachment/Attunement

• What are some things the mothers do to attempt to connect with their babies?

• Have they been surprised by what sorts of things interest their babies?

• What sorts of things have they introduced them to?

• Have they found their reactions to always be positive?

• What did they do if their baby’s reactions weren’t positive?

• Have they had an experience where they have had to pull back and start from their last known level of ability?

Self-Compassion Focus: Mindfulness

Mindfulness is the ability to pause and notice one’s thoughts, feelings and sensations in the present moment without judgment. This can be developed by formal or informal practices.

Any activity can be done mindfully. Taking time to pause and use your senses to fully observe and be present in the moment moves you to respond from a place of love and support.

Pausing to notice thoughts, feelings and sensations without judgement takes practice. Our lives are busy and full. When we attempt to be present and clear our minds in our Listening Mothers™ group, it is serves us best to do so with Self-Compassion in mind.

The reality is that in the hectic nature of our fast-paced world, we have many demands on our time and plenty of distractions, it is not easy to maintain mindful presence and pay careful attention.
Nearly everyone we know has a cell/smart phone. As most will agree, it seems to be nearly impossible to reject the temptation to pick it up and check time, email, send a quick text when it is within reach, rather than sit quietly with your own thoughts for 10 minutes and just notice.

Human beings are goal setters; we need goals to feel a sense of purpose, a destination. Frustration and abandonment of the process of being present can set in as we find it difficult to remain undistracted. Suggested benefits of decreased stress, improved memory and happiness don’t seem to come as fast or in the fashion that was envisioned, and let’s face it, sometimes we may wish to be anywhere but the ‘present moment’. **It is difficult for us to process that the practice of being present without judgement and enjoying a mindful moment IS the journey, it is the goal.**

**Why Practice Mindfulness?**
Science is continually demonstrating the benefits of practicing Mindfulness, creating life long and lasting impacts to our mental and physical health.

- Increases our overall positive emotions while reducing negative emotions.
- Increases density of gray matter in brain regions linked to learning, memory, emotional regulation, and empathy.
- Provides the skills to tune out distractions and improve our memory and attention skills.
- Fosters compassion for others and ourselves.
- Enhances the closeness we feel with our partners as both partners tend to feel more optimistic and relaxed and accepting of one another.
- Reduces pregnancy-related anxiety, stress, and depression in expectant parents.
- Parents who practice Mindfulness report being happier with their parenting skills and connectedness with their children.
- Children of parents who practice Mindfulness were found to have better social skills as they were able to label emotions and better process reactions to them.

**Pause for Practice: C.O.A.L**

**C.O.A.L (by Dr. Daniel Siegel, MD author of THE MINDFUL BRAIN).**
The process of C.O.A.L embodies the essence of Mindfulness. Some people are prone to react more intensely than others to emotionally stimulating circumstances. Consider the following acronym to guide a meditative practice to help participants approach calmly, mindfully and be presently aware of their emotional reactions.

| **Curiosity**  | Approach with curiosity, unbound, free to explore like a child. |
| **Openness**   | Be open to whatever you experience. Notice yourself.            |
| **Acceptance** | Accept whatever you find. Just notice.                         |
| **Love**       | Approach yourself and your practice with love and kindness.    |

****Always remember to approach your baby with a C.O.A.L state of mind.****
Pause for Practice - Sensing with Pleasure using C.O.A.L

In session two we used Wait Watch and Wonder. Above we introduced the practice of C.O.A.L. They are similar in that they approach babies with kindness and curiosity. They are meant to suspend our logical mind to begin the process of focused discovery. Sensing with Pleasure provides an opportunity for mothers to practice being mindfully present without judgement. Mothers can choose Wait Watch and Wonder or C.O.A.L for this exercise, whichever resonates. The purpose of this exercise is to suspend our logical mind which will want to sort and compartmentalize observations and focus only on the use of our senses; sight, touch, smell and sound to just be; without judgement as mothers interact with their babies.

Invite mothers to use sight as their sense of choice for this initial focus as you lead them through the following short 3-4 minute practice, but encourage mothers to continue using their other senses for additional practice via this week’s REFLECTIONS.

Before you begin, close your eyes and notice how your body feels.
Start by simply putting your hand on your heart and feel the warmth of your hand.
Take few deep breaths in and out and clear your mind of the day’s activities and things left undone.
Notice how your body feels.
Orient yourself toward your baby.
Ask your baby permission to gaze upon them, even if they are sleeping.
If they are not in a place to accept your gaze, ask to hold them in the capacity they need.

Gaze onto your baby, what do you see?
Use your eyes to look at their fingers, toes.
Look at their skin.
Go feature by feature and really see with presence.

What features do you delight in most and why?

Notice as many pleasurable feelings, sensations and thoughts relating to your visual interaction with your baby as possible.

Take a few deep breaths in and out and return to center.
How does your body feel?
How does your mind feel?
Heart Centered Dialogue - Sensing with Pleasure:
Help guide a discussion that helps mothers process the feelings and sensations experienced during the practice.

- Were they able to shut out all the noise and be present with their baby visually noticing?
- How did the interaction with their baby feel?
- Did they find their mind wandering? How did they bring themselves back to the present moment, or did they?
- If their baby did not appear to be receptive what did they do?
- Was there a particular sensation, feeling or thought that surprised them?
- How did their bodies feel at each of the check points in the practice? Did they notice a difference?

Next Week’s Focus
Next week, we will be exploring the necessary role of a ‘good enough mother’. Begin to identify some of the events that trigger mothers to unconsciously take the ‘low road’ vs a ‘high road’ of situational processing and the importance of repair. We will also discuss Common Humanity and its importance to our practice of Self-Compassion.

Deepening Your Awareness at Home
Encourage mothers to complete the session three Reflection exercise and read the following article to further explore lesson material that will provide an opportunity for reflection and introspection

Reflections for Session Three:
Practice being mindfully present with Sensing with Pleasure exercise using the remaining senses.

- Are they able to be present without distractions and if not, how did they go forward?
- Reflect on feelings, sensations and thoughts.
- Notice how their body feels with each of the check-ins.

Readings for Session Four:
How We Keep It Together and How We Fall Apart: The High Road and the Low Road
By: Dan Siegel
From: Parenting From the Inside Out

A Violinist in the Metro
Plan to read aloud to their partner – OR preferred, include the link below in the summary email from this session and ask they watch the video with their partner.
https://www.youtube.com/watch?v=hnOPu0_YWhw

The Science of Mindfulness
By Dan Siegel
www.Mindful.org, Sept 2010
http://www.mindful.org/the-science-of-mindfulness/
Closing Ritual - Weaving the Circle

With participants have them touch their string and recite a word that resonates with them that will carry them through the week as a result of this week’s class.

An additional option:
A complementary activity is to write down each of the words identified each week and compile and send them to the mothers at the very end of the group. It crafts a living poem over the course of the eight week series.

End of Session Summary

Between your sessions, bridge the gap between the days before your next group by emailing a summary of what was covered in the prior session, a gentle reminder to practice their mindful pauses, as well as attempt to deepen their awareness by taking an opportunity to fill in the Reflection exercises and read the attached articles.
This summary also provides an invitation for a mother that might be struggling to contact you directly, assess their state and refer them out if necessary.

- Plan to email the link to the Violinist in the Metro.