

Sue Atkins
The Parenting Expert

Parenting Made Easy System

**iCAN CONFIDENCE PARENTING COURSE
FOR KIDS AGED 7-13**

DAY 4: THE ONE POINT TECHNIQUE

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In a nutshell – In this session, I'll teach you a really simple technique you can use anywhere, at any time, to stay calm, grounded and positive when your child's attitude or behaviour becomes challenging ...

Welcome back!

One technique that I teach parents with children of all ages on my workshops is the 'One Point' technique. It's a very simple but effective way to stay calm, grounded and centred when your child's behaviour or attitude is especially challenging. I hope you enjoy practising and using it.

ONE POINT

In a standing position, relax and think about how tired, fed up and stressed you are feeling with arguing with your child. This shouldn't be too hard! Notice how your body feels, your shoulders, facial expression and physical and mental strength. Notice how wobbly you are.

Now stand with your legs firmly planted into the ground and imagine you are like the roots of a tree - going deeply and strongly down into the earth. You have the roots of a very old and solid oak tree deeply planted into the soil - immovable, unswayable, anchored to the ground and strong.

Imagine you are strong - like a bull - and incredibly determined. Now take your energy to just below your navel to a place called your One Point and imagine breathing and feeling centred from here.

Notice the difference - and how you feel strong and solid? Keep this strong stance and stay centred at your One Point. Your One Point is a place of perfect balance where you can't be knocked over, swayed or upset - it's a place of total control.

Let's imagine a time when things have gone really well with your kids: see what you see, hear what you hear and feel how you felt - really enjoy the lovely feelings of success, make the pictures in your mind brighter and closer to you. Make the sounds really much louder and the feelings more intense.

Notice how you are standing, breathing and feeling and put that confidence and happiness into your One Point.

Now imagine a time when everything goes pear shaped and is a real challenge - see what you see, hear what you hear and feel how you feel - but this time take your energy to your centre of balance to your One Point, to your confident, unflappable and strong centre and see the situation from here - this place of unmoveable confidence.

Now see what you see, hear what you hear and feel how you feel from this new place of strength and control. How does that feel?

Now let's imagine a time when things have gone really well again with your kids - see what you see, hear what you hear and feel how you felt - really enjoy the lovely feelings of success, make the pictures in your mind brighter and closer to you, and the sounds really much louder and the feelings more intense.

Now you can imagine no matter what happens you can handle whatever life throws at you calmly and from a place of control and balance if you take your awareness to your One Point.

You can do this exercise in the supermarket, the garden centre or at your mother-in-law's - it just grounds you and no-one need know what you are doing! Just remember to breath slowly and deeply at the same time.



You might find it helpful to listen to this exercise while you are practising it. I'll guide you through it step-by-step. Click here – or download and play the audio file called One_Point_Technique.mp3.

A Quick Recap

- We have learned how to find and use your One Point.
- Use it wherever and whenever you need to, in order to stay grounded, positive and centred when your child's attitude or behaviour becomes challenging.

Next time ...

We will be looking at how you can help your child to handle their feelings and emotions, as well as what lies behind them. And we'll look at heaps of ways you can help effectively ...

See you then!



Sue Atkins

As seen in:



THE  TIMES



theguardian

BBC
RADIO

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The Daily Telegraph

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