



“...but I don’t have TIME for Mind, Body & Soul Time!”

When parents learn the basic principles of Adlerian Psychology and the need for a child to feel a sense of belonging and significance, they start to see why Mind, Body & Soul Time is so important.

Intellectually, they “get it.” However, the practicality of implementing Mind, Body & Soul Time can be daunting for any parent with a busy schedule. (Isn’t that every parent?)

Read on for ideas on how to implement Mind, Body & Soul Time into your already busy life.

Mind, Body & Soul Time is defined as:

- Time spent individually with each child
- When we are emotionally available to him
- And doing what he wants to do.
- Goal: 10 minutes with each child, 2 times per day

The benefits of Mind, Body & Soul Time are almost too numerous to mention, but they include *proactively* and *positively* filling the child’s attention basket throughout the day by giving the child positive attention at times when she’s *not asking for it*. When her attention basket is full, there’s no need to seek attention with undesirable behaviors.

Providing Mind, Body & Soul Time offers a major dose of belonging and significance to a child. During the 10 minutes of uninterrupted time, he has you *all to himself* and *doesn’t have to compete with anyone* for your attention. You make strong emotional connections (belonging) and reinforce how important he is to you (significance). Mind, Body & Soul time is explained in detail in Session 1 of *Positive Parenting Solutions Online*.

The biggest challenge to implementing Mind, Body & Soul Time is TIME! We don’t have enough time as it is. How can we possibly find 10 minutes, 2 times per day with each child???

Fortunately there are simple tips and tricks that allow you to beg, borrow and steal time from other areas so you can spend it on Mind, Body & Soul Time.

Here are a few places to start...

- 1) **Beg, Borrow & Steal.** (Time, that is!) Whenever possible, “steal” time from activities that aren’t absolutely necessary. For example, ask yourself the question, “Will the world come to an end if I don’t

fold this laundry right now?” Or check email, or watch TV? Instead, “steal” that time and spend 10 minutes playing a game that your child enjoys. Kids want nothing more than to have fun with YOU and you’ll get that 10 minutes back ten-fold in good behavior. (A total win-win!)

2) Make the “Ordinary” Extraordinary. Think of (one-on-one) activities you’re already doing with your kids and “re-package” them in a way that makes them more special to your child. For example, you’re already tucking your child in at night. Tweak it slightly to allow at least 10 minutes for “special time” to talk about her day, sing her favorite song, read a book of her choice. You’re already spending the time at bedtime - simply “rebrand” those 10 minutes so they feel extraordinary, rather than ordinary.

For a younger child, take a few extra minutes during bath time to actually play with him, putting the toys in the water and following his lead. So often, we are taskmasters with the daily routines. When you take just a few extra minutes to get into the child ego state (Session 1) and play, you’ll work wonders to increase his feelings of belonging and significance.

3) Start with a Stagger. Stagger the wake-up times for your children so you can lie in bed with each of them and snuggle for a few minutes before they get up. Talk about the day ahead, sing a song, read a short book, tell a joke - whatever she likes to do! Take the normal wake-up routine and make it more extraordinary. Remember to label your time together so it reinforces to your child that you are making special time for her: “I love having special time in the morning with you before we start our day!”

4) Capitalize on a Captive Audience. During the ride home from baseball practice, turn off the radio and actually talk! To get your child to open up, avoid asking questions that can be answered with a “yes” or “no” and resist the urge to interrogate her about her day. If your pre-teen or teenager is reluctant to open-up, then *you do the talking*. Share details of your day, share your feelings - let her know you are there for her.

With all of these strategies, remember to verbally label your special time together so you get *credit* for that time in your child’s mind. Before you begin, say “Now it’s time for our Mind, Body & Soul Time” (or whatever you call it in your family). After your 10 minutes of one-on-one time, remind her how much you enjoyed the special time together and how you can’t wait to do it again tomorrow. Suggest that she make a list of things that you can do during your next Mind, Body & Soul Time together.

Always, find opportunities to take the ordinary routines and make them more extraordinary.

Keep in mind the fact that there is a **direct relationship between time invested in Mind, Body & Soul Time and your child’s behavior**. When we don’t make time for Mind, Body & Soul Time, our kids lack the feelings of belonging and significance that contribute to positive, productive behaviors. In the absence of our positive attention offered proactively, they will demand our attention with negative behaviors.

As you consistently implement Mind, Body & Soul Time, you'll see the attention-seeking behaviors begin to fall off the radar screen. **Which means more hours in *your* day as you spend far less time hassling over frustrating misbehaviors.**

Try it today! You will LOVE the results!

Next Steps...

If you haven't already, be sure to:

- 1) Review the Mind, Body & Soul Time FAQs
- 2) Review Session 1 FAQs

Have questions? Feel free to contact us at info@PositiveParentingSolutions.com

Thanks for learning with Positive Parenting Solutions!

Here's to kids that listen and the fun, happy home you always dreamed of!

