

The Busy Mom's Self-Compassion Quick Guide

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You deserve it



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about

Parenting with ABA

What's the biggest problem facing parents today?

We are overwhelmed with too much information coming at us! Everyone has an opinion about how we are to raise our children to be kind humans. What is credible? What is nonsense? How can we tell? How do we make the right decisions for our children? These worries keep us parents awake at night and cause entirely too much stress!

Is there a solution? Yes- science.

Parenting with ABA has the evidence-based tools you need to build your parenting toolbox.

When it comes to self-care and self-compassion for moms, there is research and science that can help us save our own sanity!

This can come in the form of short exercises and practices to get your mind off the worry or mom guilt loop it likes to get stuck on and back into the here and now with your family today.

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Best-selling author of *Parenting with Science & Enjoy Parenting*



about Self Care

Pop-culture self-care is all external: bubble baths and a beverage; time spent on your own doing something you enjoy. Pop culture self-care tells us to find more time to do these activities that should help our mental well-being.

But is that real self-care? Are you actually caring for your SELF? How about self-care that helps us to live more fulfilling lives without needing to add minutes to the day? How about self-care that actually includes self-awareness, self-compassion, self-acceptance, and self-reinforcement?

Self-care CAN include activities that take up time (that you may not have) OR it can be about how you relate to your own environment. How do you handle your thoughts and feelings? Is it in a way that you are caring for yourself? Have you decided what kind of mom you want to be and what you value most as a mother? Getting to choose for yourself is caring for yourself.

Self-care for me is integrated into how I choose to live my life every day- with that choice to act in the direction of my values and find more meaning and fulfillment. Self-care doesn't have to be an annoying buzzword that makes you wonder who is going to watch your kids while you go to the spa (and not to mention who is going to pay for that). It can mean actually caring for your SELF.

Self-care can mean finding ways to be kinder to yourself moment by moment,

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chapter 01



If a friend was going through a hard parenting time (when are the easy times exactly?) and was being really hard on yourself, what would you say to her?

Would you also tell her what she should be doing differently? Would you tell her that she should be hard on herself because she's not doing a very good job?

NO!! So why do you talk to yourself like that?

try this:

When your mind or your inner voice start beating you up and being hard on yourself, talk to yourself like you would a good friend.

Being kinder to yourself sounds so obvious, but it can be so hard. One simple tool you can try is to acknowledge when things are hard.

Simply recognizing this fact can be a powerful moment to help you pause and choose how to respond to hard things.

try this:

**When things are hard,
say this out loud (or in
your head):
“This is hard.”**



chapter 02



Isolation and loneliness are considered a public health crisis.

One of the tenets of the self-compassion research is the opposite of isolation- instead it's called common humanity. This means recognizing that you are not alone. Moms across the globe and throughout history have dealt with similar parenting situations.

This is not to belittle your situation. Remember telling yourself, “this is hard”? It IS hard. But you are not alone.

*Try
this:*

When things are hard and you feel like nobody understands what you're going through, close your eyes and imagine a mom in a different culture or a different time period in history dealing with the same issues with her kids. What would be the same as you? What would be different? Maybe different hairstyles and clothing of bygone eras can even make you giggle!

chapter 03



When you are stuck in your thoughts and worries, it's hard to be in the here and now.

Finding ways to get out of your mind and back into what you are experiencing right now in the present can help you to soothe the mom guilt and truly connect with your kids.

Practicing simple grounding or mindfulness exercises can be a huge game changer in taking self-care from a pop culture trend added to your to-do list to a moment-by-moment choice of actually taking care of your SELF.

*try
this:*

Look around you. What do you see right there ?

Name 5 things you can see.

Name 5 colors you can see.

Notice your immediate surroundings.

THIS is where you are, right now. Not in your head. Right here.

When having babies in the US these days, skin-to-skin contact is strongly encouraged when they are first born to help regulate their nervous systems.

Guess what? Skin-to-skin contact with someone you care about can **STILL** help you regulate your nervous system! Research tells us that a 20-second hug or even holding hands with someone you love can help soothe both of your systems.

When getting caught up in the thoughts, worries, and shoulds and in your mind, try some physical affection with your family members.

try this:

A 20 second hug

Holding hands

**Pushing your cheeks together or
putting your cheek to your child's
forehead**



want to learn more?



Did you do any of the “try this” exercises?

How did they work? What came up for you?

This is just the tip of the iceberg when it comes to simple ways to ease the mom guilt pressure and give yourself some real compassion!

Are you ready for more support?

You can always book a free parent coaching brainstorming session with me by clicking here.