Dear Members of the St Paul’s Community

Scholastic Book Fair
The Book Fair this week has been a great success! It has been wonderful to see so many children and parents getting excited about books. Our appreciation goes to Shelley Antoni for coordinating this event and to all the parents who volunteered to help. The Book Fair encourages the children to develop a love of books and reading and is an extremely worthwhile event. Thank you to all!

School Photos
School photos commenced today and will conclude tomorrow for all students across the school. Academy Photography has indicated that it will take approximately one month for the photos to be available. The school will inform the parents as soon as they are ready. Thank you to all the teachers, students and parents who helped prepare for the photographs.

Academic All Stars Competition
Next Wednesday 25 May, eight students from Year 5 will be participating in the Interschool Academic All Stars Competition, which we will be hosting here at St Paul’s as we were the overall winners last year. The students will compete in the areas of Chess, Engineering, Poetry, Art, English, Maths, General Knowledge and Drama. We wish them all the best of luck!

Joanna Noonan
PRINCIPAL
RELIGIOUS EDUCATION NEWS

Sacraments
Please note that many parents have not returned the application form for the children receiving the Sacrament of Confirmation or Reconciliation. These must be returned to the school office as soon as possible. Confirmation Candidates are also required to pay a $40 fee. Some of you may have done this already if you have a child receiving the Sacrament of First Communion.

Upcoming Events
Monday 23 May  Prayer Assembly 8.45am Year 1  
Tuesday 24 May  Class Prayer 9.00am Year 3  
Thursday 26 May  (May Crowning, Rosary and Benediction) 9.15am Year 5 (PP-6)

Trinity Sunday
Trinity Sunday, also known as Holy Trinity Sunday, is celebrated a week after Pentecost Sunday in honour of the most fundamental of Christian beliefs in the Holy Trinity. We can never fully understand the mystery of the Trinity, but we can sum it up in the following formula: God is three Persons in one Nature. The three Persons of God; Father, Son, and Holy Spirit are all equally God, and they cannot be divided.

Crowning of Mary
May is dedicated to the Mother of our Lord and the Mother of all, Mary. This feast recognises Mary as queen of heaven and earth. The queen symbol was attributed to Mary because she is a perfect follower of Christ, who is the absolute ‘crown’ of creation.

Parents are invited to attend this special crowning, followed by the reciting of the Rosary and Benediction which will be held next Thursday 26 May at 9.15am in the church.

LifeLink
On Friday 3 June, the students will make a paper chain that we will join together as one school community in support of people in need within the community. For every paper chain link we make, students are invited to bring along a gold coin donation that will go towards this special day. Please support this worthy event. All the money raised supports our local community. Many agencies such as: The Shopfront, Catholic Outreach, Centrecare, Emmanuel Centre, Identity WA, Samaritan Projects and Catholic Migrant Services, to name a few. There are many other agencies that benefit from the donations we make.

On LifeLink Day Wednesday 8 June 2016, Archbishop Costelloe has invited representatives from every primary school to join him at Lake Monger Reserve for the launch of LifeLink Day. Everyone will gather and join their individual ‘school chains’ to make one long continuous chain.

In this Year of Mercy, we hope to present a powerful and visual demonstration of our young people joining together to help people in need and provide an opportunity for Archdiocesan schools and students to join together, as one Catholic family, to celebrate and share LifeLink Day.

Our representatives for St Paul’s on this day will be Sophie Gregory, Mohammad Jafarlou, Kizito Mutoya and Alyssa Olivieri. They will attend with Ms Noonan and Mr Yock.

Mac Callisto
ASSISTANT PRINCIPAL

WEEK AT A GLANCE

MAY
Fri 20  Assembly Yr 4
SCHOOL PHOTOS
BOOK FAIR
Walk to School Day
Mon 23  Prayer Assembly Yr 1
Tue 24  Class Prayer Yr 1 9am
Cross Country
Training 7:30-8:00
After School Training
BOARD MEETING 6:30pm
Wed 25  Yr 5 All Stars Comp
Fathering Project
Dad’s Night
Thur 26  Sorry Day
May Crowning & Rosary 9:15am Yr 5 (PP-6)

HAPPY BIRTHDAY!

Happy Birthday to the following students who celebrate their birthdays this week

Zachariah Dechan
Tyeson Dang
Adon Franchi
Charlotte Loader

MERIT AWARDS

PP  Cristian Coletti
Isabella Meehan
Damon Sack
Yr 1  Tadhg McElligott
Madsyn Dang
Yr 2  Kieran Robinson
Thomas Downey
Lily Franchi
Natalia Faraone
Yr 3  Bella Huby
George Horton
Lilly Fewster
Ruby Parker
Yr 5  Alex Hanjin De Filippo
Milena Kim
Yr 6  Mohammad Jafarlou
Georgia Allingame
SCHOOL NEWS

NAPLAN

Students in Years 3 and 5 completed their NAPLAN testing last week. Results from these tests should be available for the school and parents towards the end of Term 3. Well done to all the students and teachers involved.

START SMART INCURSION Y1-6

Next Monday 23 May all students in Years 1-6 will participate in Start Smart incursions run by representatives from the Commonwealth Bank. These sessions will focus on building students’ understanding of financial literacy, a key life skill. We look forward to bringing you the photos from the sessions in next week’s edition of the newsletter.

WE’RE TAKING IT IN OUR STRIDE TOMORROW 20 MAY 2016

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. Although walking all the way to school isn’t realistic for many of us, it’s quite easy to figure out how you can build a walk into your family’s daily routine.

You can teach your child the healthy habit of walking more by:
- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school (at the Church) and walk the rest of the way.

Regular exercise, like walking with your child, not only helps them (and you) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Smarter Kids, so get planning your own Walk Safely to School Day journey for Friday 20 May 2016! Year 6 leaders will be waiting at the entrances to the school handing out special stickers to those students who walk! For more information, visit www.walk.com.au

ST PAUL’S SPELLING BEE 2016

St Paul’s Annual Spelling Bee will take place on Friday 27 May at 9am in the Barbier Hall for those students in Years 3-6 who have been selected to compete. The students in Years 3 and 4 will contest the junior competition and the students in Years 5 and 6 will participate in the senior competition.

The top two students from each year level in St Paul’s Spelling Bee, will travel to Our Lady Assumption School in Week 7 to compete at the Interschool Spelling Bee Competition. Best of luck to all students!

ST PAUL’S DAD’S NIGHT

With the New Year, and a number of new dads in the school, please join us at our inaugural St Paul’s’ Dads event and meet a few new faces, over a friendly bowl and a quiet beer.

To help us make these a regular event, we’ve also invited the Fathering Project along to share with us how they’ve helped establish dads groups at other schools. Invites have been sent out by email. Please RSVP by clicking on the appropriate response.

Mums: if you received the invite, can you please forward to your partner. We wouldn’t want them to miss out on such a great opportunity!

Jesse Yock
Assistant Principal
Using Technology to Create

The use of I.T. is now an integrated component of the learning experiences for students in Year 5. Technology is still used, at times, as a substitution device. Examples of this include word processing and complementing learning with online programmes such as Mathletics, Literacy Pro and Reading Plus.

Students regularly use the Google Classroom to locate linked learning resources, brainstorm ideas together using Google Docs and to complete and submit tasks online.

The Year 5 students are currently using their iPad to research an indigenous artist. They are required to explain techniques used by their focus artist. They then locate and interpret meaning from artworks by this person. Students are required to empathize about a particular issue and create an artwork that expresses their opinion or point of view. Students apply an art technique, used by their artist, to their own artwork. Finally students are called to present, through Google Slides, an evaluation of the effectiveness of their artwork.

The area many students are excited about is the use of I.T. as a creation device. A current task students are working on is using iMovies, as part of our Technology and Enterprise unit, to create an infomercial. This infomercial will be to advertise an invented device that ensures the safety and wellbeing of people.

We are experiencing an exciting time in education to engage students in meaningful activities that prepare them for a digital life in the 21st Century.

Natasha Flexman
Year 5 Teacher
Pirate Day Friday Free Dress Day

On Friday 10 June you will not be sending your child to school .... Instead you will be sending a PIRATE on a VOYAGE! By participating, your child will be partnered with Telethon Adventurers in their fight with childhood cancer by raising funds for vital research into childhood brain cancer. The day will include activities educating your child on the issue and important values of empathy, leadership and community giving.

So please ensure that your pirate child comes to school dressed up as a pirate with a gold coin donation. For further information, or if you wish to donate to this cause yourself, please visit www.piratedayfriday.com or give your child more treasure to contribute to the schools’ treasure chest (donation box).

Keyed Up Music is running Guitar, Keyboard, Flute, Clarinet and Violin lessons this term
Lessons start from $15.95 plus GST for half an hour in a small group
For enquires please phone Therese on 1300366243 or fill out an enrolment form

Book Fair

Wednesday 18 May to Friday 20 May
Come along to our Scholastic Monster Book Fair and stock up with great discounts!
The fair will be open from 8.15 - 8.45 am and 3.00 - 3.30 pm.

Entertainment Books

Entertainment Books are now available for purchase. You should have received a flyer regarding the Entertaiment Books earlier this week. If you wish to purchase a book, please contact Clare Salfinger, or your Class Representative, who can forward on relevant details.

Juliet Bruining
P&F PRESIDENT

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You’re invited to our

Book Fair!

FIND THESE AND HUNDREDS MORE BOOKS AT THE FAIR!

All purchases benefit our school!

Date 18-20 MAY  
Time 8.15-8.45 & 3.00-3.30  
Place HERITAGE HALL

Kids who read SUCCEED!
Attention: All Fathers and Father Figures of St Paul's Students

FREE Barefoot Bowls

With the New Year, and a number of new dads in the school, please join us at our inaugural St Pauls’ Dads event and meet a few new faces, over a friendly bowl and a quiet beer.

To help us make these a regular event, we’ve also invited the Fathering Project along to share with us how they’ve helped establish dads groups at other schools.

When: Wednesday 25 May at 6:30pm

Invites to follow
ENTERTAINMENT BOOKS ARE COMING TO
ST PAUL'S PRIMARY SCHOOL P&F!

$13
from each sale
contributes to
our fundraising!

Order yours today and help us with our fundraising...
The Entertainment™ Book gives you access to thousands of up to 50% off and 2-for-1 offers for Perth’s best restaurants, cafés, attractions and more. Plus it offers the best in market prices for thousands of hotels, resorts, car rentals, theme parks, groceries, petrol and shopping that you can use whenever you like until June 2017.

Plus, now including offers from some of Bali’s Best restaurants, accommodation and attractions!

PRE ORDER ONLINE HERE

Browse the new Perth 2016|2017 Entertainment™ Book Here

Memberships will be available in May, however, pre-order today to receive up to $200 in Early Bird Offers that you can use straight away!

For Queries contact: Clare Salfinger on clare.coulson@me.com
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<td>ANZAC DAY HOLIDAY</td>
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<td>ANZAC Day Prayer Service</td>
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<td>Prayer Assembly - Yr 4</td>
<td>Class Prayer 9:00 Yr 4</td>
<td>Cross Country Training 7:30-8:00am</td>
<td>No class prayer</td>
<td>9.15 Mothers' Day/ Opening Term Mass &amp; Morning Tea Yr 6</td>
<td>Assembly – Yr 2</td>
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<td>Prayer Assembly - Yr 3</td>
<td>NAPLAN (Y3 &amp; 5)</td>
<td>Class Prayer 9:00 Yr 2</td>
<td>NAPLAN (Y3 &amp; 5)</td>
<td>Our Lady of Fatima Mass 9:15am (Y4-6) Yr 4</td>
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<td>Prayer Assembly - Yr 2</td>
<td>Class Prayer 9:00 Yr 3</td>
<td>Maths Olympiad Testing</td>
<td>SCHOOL PHOTO DAY Mass 9:15am (Y4-6) Yr 5</td>
<td>SCHOOL PHOTO DAY Assembly – Yr 4</td>
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<td>ICAS Digital Technology</td>
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<td>Prayer Assembly - Yr 1</td>
<td>Class Prayer 9:00 Yr 1</td>
<td>Cross Country Training 7:30-8:00am</td>
<td>SORRY DAY</td>
<td>Assembly - Yr 1</td>
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<td>May Crowning, Rosary &amp; Benediction 9:15am (PP-6) Yr 5</td>
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<td>Parish/School Mass 9.30am Yr 4</td>
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<td>Prayer Assembly - Yr 6</td>
<td>Class Prayer 9:00 Yr PP</td>
<td>ICAS Science</td>
<td>School Cross Country Carnival Yr 3-6</td>
<td>Sacred Heart of Jesus Mass 9:15am (Y4-6) Yr 4</td>
<td>Assembly - Yr 1</td>
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<td>Cross Country Training 7:30-8:00am</td>
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<td>Pupil Free Day / Staff PD Day</td>
<td>FHCM Retreat (Reconciliation Yr 4)</td>
<td>Maths Olympiad Testing</td>
<td>9:15am (Y4-6) Yr 6 Dentist Screenings PP, Y3 &amp; Y6</td>
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<td>Prayer Assembly - Yr 5</td>
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<td>ICAS Spelling</td>
<td>St Anthony of Padua Mass 9:15am (Y4-6) Yr 5</td>
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<td>Prayer Assembly - Yr 4</td>
<td>Class Prayer 9:00 Yr 5</td>
<td>Nativity of John the Baptist</td>
<td>24 Assembly - NAIDOC Week / Music</td>
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<td>Cross Country Training 7:30-8:00am</td>
<td>Mass 9:15am (Y4-6) Yr 4</td>
<td>Dads &amp; Lads Y6-8 AFL Night 5:15pm</td>
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<td>Prayer Assembly - Yr 3</td>
<td>Class Prayer 9:00 Yr 6</td>
<td>Last day of Term</td>
<td>Catholic Day (Pupil Free Day)</td>
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<td>Cross Country Training 7:30-8:30am</td>
<td>St Paul’s Day Whole School Celebration – End of Term Mass 9.15am Yr 5</td>
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<td>Winter Sports Training 3-4pm</td>
<td>Reports go Online 4pm</td>
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**Term Two 2016**

**Mission Focus – Our Lady of the Missions**

**St Paul’s Primary School Parent Calendar**

**ANZAC DAY HOLIDAY**

- ANZAC Day Prayer Service 8:45am Yr 6
- No class prayer

**Parish/School Mass**

- 9.30am Yr 3

**Assembly – Yr 2**

- 6 Assembly – Yr 2

**Ascension Day**

- Mothers’ Day Mothers’ Day

**Mothers’ Day**

- Mothers’ Day Gift Stall
- Parent / Candidate Holy Communion Workshop 6:30pm Barbier Hall

**NAPLAN**

- NAPLAN (Y3 & 5)
- NAPLAN (Y3 & 5)
- NAPLAN (Y3 & 5)
- NAPLAN (Y3 & 5)

**Cross Country Training**

- 7:30-8:00am

**After School Winter Sports Training**

- 7:30-8:00am

**ICAS Digital Technology**

- Cross Country Training 7:30-8:00am

**Maths Olympiad Testing**

- Cross Country Training 7:30-8:00am

**School Cross Country Carnival Yr 3-6**

- School Cross Country Carnival Yr 3-6

**First Holy Communion**

- 11.00am & 3.00pm Tim Winton Writing Competition

**Shan Tan Competition**

- Shaun Tan Competition

**St Anthony of Padua Mass 9:15am (Y4-6) Yr 4**

- St Anthony of Padua Mass 9:15am (Y4-6) Yr 5

**Interschool Cross Country Carnival**

- Interschool Cross Country Carnival

**School Nurse**

- School Nurse

**Dads & Lads Y6-8 AFL Night**

- Dads & Lads Y6-8 AFL Night 5:15pm

**St Paul’s Day Whole School Celebration**

- St Paul’s Day Whole School Celebration – End of Term Mass 9.15am Yr 5

**Reports go Online 4pm**

- Reports go Online 4pm

**Catholic Day (Pupil Free Day)**

- Catholic Day (Pupil Free Day)
Parenting is a place of great joy, but it’s also a place of great struggle.

We struggle with our role as it’s constantly evolving and changing.

We struggle with external factors such as the changing face of technology and it’s impact on kids’ daily lives.

We struggle with factors we can’t control such as the messages kids get from the media and their peers that we rather they didn’t receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It’s the battle that goes on between our lizard brain (where the fight or flight response occurs) and our pre-frontal cortex (where reasoning and calculation) occurs.

The pre-frontal cortex (put your hand on your forehead and you’re there) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we’re under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I’d be out of my office in a heartbeat. Writing would become impossible, not to say stupid! Thank goodness for our lizard brain. When I’m safe and feeling calm my pre-frontal cortex can do it’s rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can’t differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you’ll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

Just when we need to be at our parenting best

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best when we’re responding to poor behaviour or a child’s genuine cries for help) our lizard brain often takes over and we’re at our parenting worst.

That’s why most of us know how we want to respond and communicate with our kids when we’re calm but when we are under intense pressure not only can’t we find the words we need but we lose our cool as well.

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here’s how:

1. Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary. I generally feel nauseous, become physically agitated and my breath gets very high in my chest when I’m under intense stress.

Knowing this has been a huge help to me staying calm in situations where I used to over-react.

More on page 2
2 Train yourself to STOP!
The lizard brain wants you to act fast – to get away, to lash out, to defend yourself – when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

3 Step away and breathe
Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts (“I’m going to &** him!”) that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

4 Think of your Best parenting self
Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out when you’re at your parenting best – it maybe when you’re patient, caring, loving, calm...
(You can learn this powerful process in my Parenting with the Meta-Moment course available in ParentingIdeas Club)
Your “Best Parenting Self” is the motivator to help you refrain from making emotional responses that you’ll regret later.

5 Now act!
Now that your pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation which may be to ignore behaviour, use appropriate language or just listen calmly when your child is in distress.
So how often does your lizard brain win when you experience parenting stress? If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.

Michael Grose

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