



Early Childhood Journeys, LLC, in collaboration with Alesi Group, LLC



## Using Mindfulness as a Way to Build Trusting Relationships with Families

Facilitated by  
Marissa Calderón

THE KINDERGARTEN PROJECT



[alesigroup.com](http://alesigroup.com)

[earlychildhoodjourneys.com/podcast](http://earlychildhoodjourneys.com/podcast)

# The Early Childhood Journeys Podcast

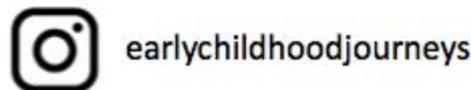
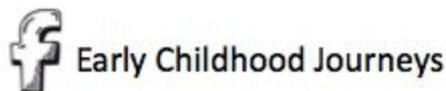
Highlighting the zen journey of early childhood educators and advocates through interviews and discussions including conversations on best practices in the early childhood field!



@ECJourneysAz

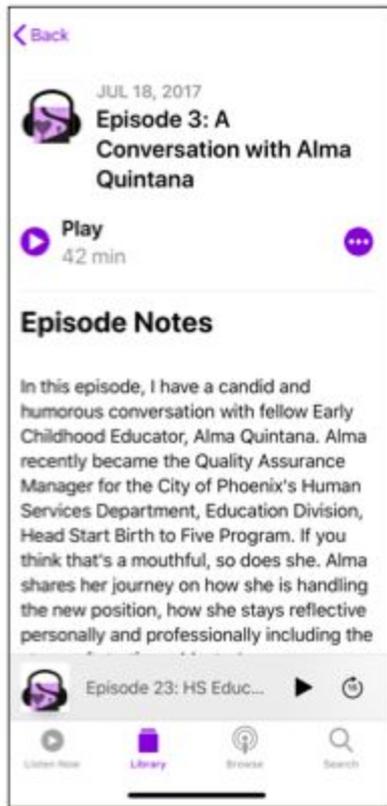


[www.earlychildhoodjourneys.com/podcast](http://www.earlychildhoodjourneys.com/podcast)



# Alma

## iTunes Episode 32



Back

JUL 18, 2017  
Episode 3: A Conversation with Alma Quintana

Play 42 min

### Episode Notes

In this episode, I have a candid and humorous conversation with fellow Early Childhood Educator, Alma Quintana. Alma recently became the Quality Assurance Manager for the City of Phoenix's Human Services Department, Education Division, Head Start Birth to Five Program. If you think that's a mouthful, so does she. Alma shares her journey on how she is handling the new position, how she stays reflective personally and professionally including the

Episode 23: HS Educ... Play

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# Amy

## iTunes Episode 16



Back

SEASON 1 · EPISODE 19  
Episode 19: Amy Corriveau, City of Phx Head Start Director

Play 31 min

### Episode Notes

Episode 19 with Amy Corriveau, the Deputy Human Services Director for City of Phoenix. Amy oversee the education components for Head Start Birth to Five Services for the city of Phoenix and sits down with host Marissa Calderón to talk about her journey in the field, how she started in the profession, advice for teachers and some holiday memories.

Episode 23: HS Educ... Play

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The Families We Work With

# What is Mindfulness?



From Happily:  
Why Mindfulness is a  
Superpower

# What the Science says about Mindfulness...

STRESS  
REDUCTION

EMPATHY

BOOSTS TO  
WORKING  
MEMORY

COMPASSION

OVERALL BETTER  
QUALITY OF LIFE



FOCUS

LESS EMOTIONAL  
REACTIVITY

RELATIONSHIP  
SATISFACTION

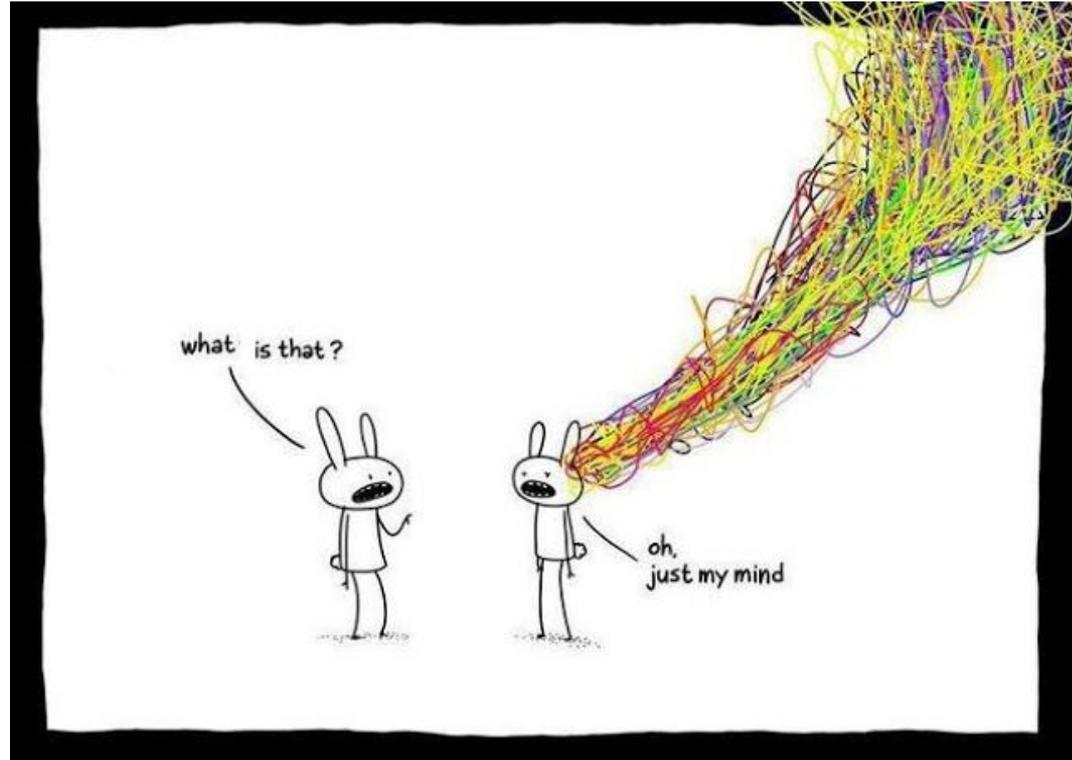
# SIMPLE STRATEGIES....



- CREATE A QUIET SPACE

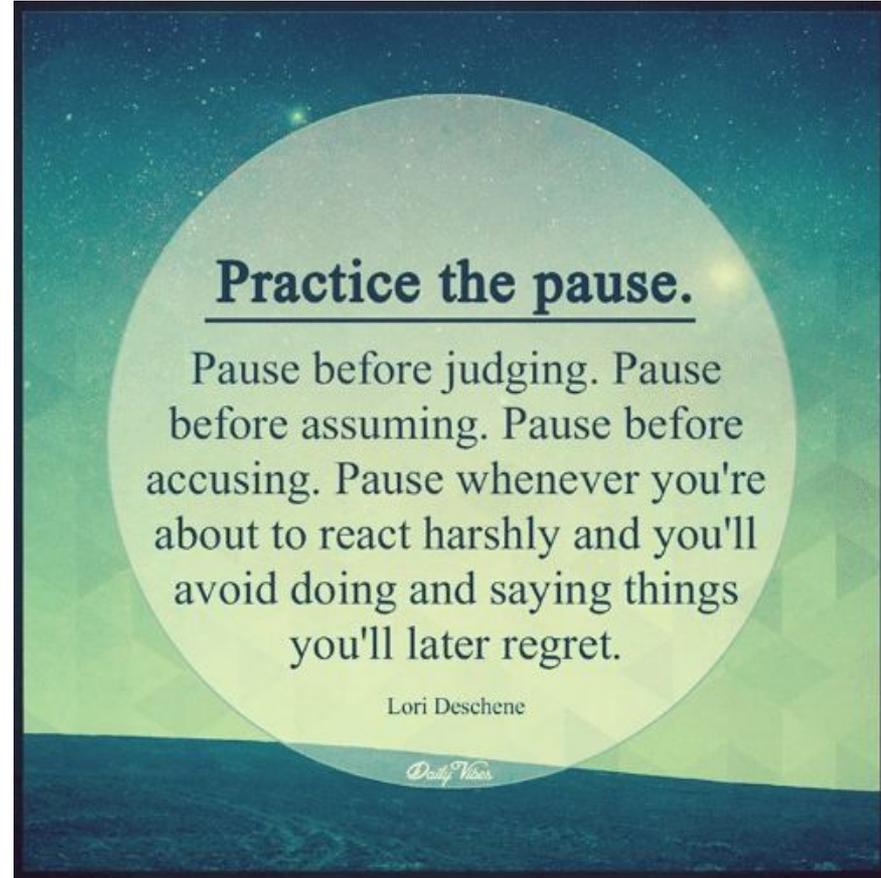


*With mindfulness, we bring our attention to whatever is happening in the present moment in the environment around us (like sounds or sights), and in our internal experience (like sensations or emotions).*



- Pay attention with purpose and curiosity

- Pause and notice the breath

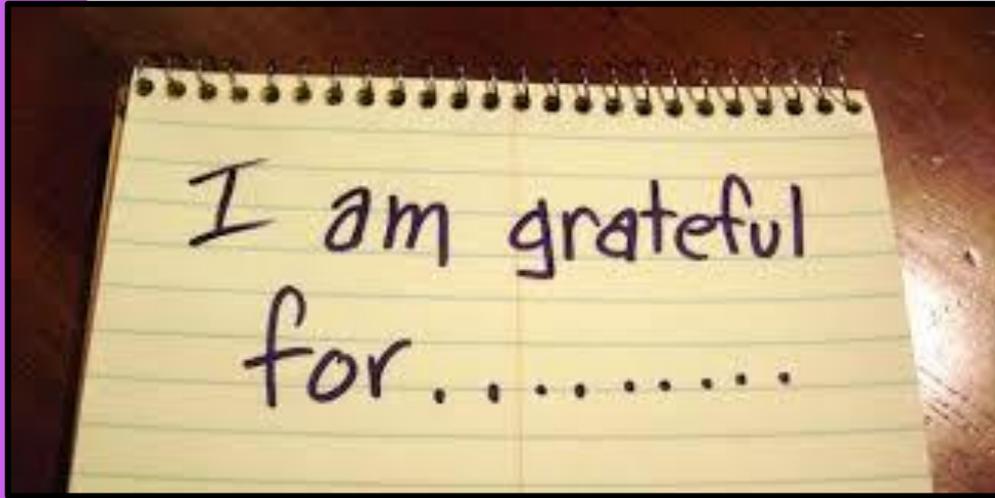


- Offer Caring Wishes



*When we share a caring wish with others, verbally or even silently to ourselves, it can help to calm emotions and strengthen our feelings of connection.*

- PRACTICE GRATITUDE



WHAT  
CONSUMES  
YOUR MIND,  
CONTROLS  
YOUR LIFE.

PRACTICE  
GRATITUDE.

- Practice empathy



Brene Brown on Empathy

Recap:

- Create a Quiet Space
- Pay Attention with Purpose and Curiosity
- Offer Caring Wishes
- Practice Gratitude
- Practice Empathy

Ask Yourself:

- Why is this triggering me?
- Am I unknowingly being bias?
- Am I being judgy?
- How am I being of service?
- Is this my ego talking?

Using Mindfulness Strategies to Deal with Challenging Work Scenarios



# Using Mindfulness Strategies for Scenarios

## Table Group Task:

- Visually create a response with strategies discussed on how you would approach your assigned scenario.
- Use materials provided to CREATIVELY showcase a poster presentation to demonstrate your groups approach on handling your scenario.
- 90/10 rule: 90% Visual Art, 10% Text
- Pick 2 people who will take turns to explain poster

*Focus on your Mindfulness reaction and approach vs solutions on the actual scenario. If time permits, you can add head start policies and guides to solve actual scenarios.*

What if?

I wonder?

## REFLECTIONS

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Twitter: @MCSalma

# Mindfulness Poster Guide-Activity

- Read Scenario
- Use materials in the bag to visualize an approach on how to deal with case scenario (stick with 90% visual, 10% words/text)
- Pick 2 people that will take a turn in explaining it to others
- Hang on wall once complete
- 1st person chosen stays with the poster to explain to those that visit the poster (about 15 mins then it's the other persons turn to stay with the poster)
- Everyone will walk around to view the other groups posters and provide some kudos and feedback via sticky-notes

Strategies: Quiet Space, Being Present, Pausing to Breathe, Offering Caring Wishes, Practicing Gratitude, Practicing Empathy

# Mindfulness Resources

Cronicas Chilindrinas is a Spanish-language parenting and caregiver resource on Facebook and WhatsApp. Offers tips, strategies, articles for the birth through 3rd grade parent, educator or advocate, as well as an interactive platform for support.... all in Spanish.



Center for Healthy Minds by the University of Wisconsin Madison- [Your Well-Being Toolkit](#)



Happify is the single destination for effective, evidence-based solutions for better emotional health and wellbeing in the 21st century.

