

# Parenting the Positive Discipline Way

November 2013

## Connection

**It's a busy time of year, so let's slow down.** Breathe. In your busyness, pause. Close your eyes for 30 seconds. Feel your breath in your body. Bring to mind those you love. Recall your priorities. Is your busyness in line with those priorities? If not, choose something (or someone) more important.

**If you've gotten caught up giving the best of your attention and energy to things that doesn't matter that much, and given less to the people who do matter...find a moment to reconnect.**

A couple nights ago, my daughter (age 9) and I found 15 minutes of heaven together. We sat in darkness in front of the Christmas tree, noticing the way the lights glow. For a few moments, we sat in silence. The branches cast beautiful, almost geometric patterns on the floor. We cuddled on our big leather chair, listening to the stillness. We had time just to be together. We talked a bit. She reminded me that we really need new Advent candles. We laughed and agreed we're improvising this year, reflecting in front of the tree.

A short time later, it was time for bed. We had succeeded in stopping time for a few minutes together. Magic!

**Our children have a great need to connect with us, to feel that sense of belonging and significance. This is part of how we encourage our kids: letting them know that they are worth stopping the world for a while, giving them our full attention.** Ordinary moments become special (sometimes even magical) when experienced together, with intention. Like a few seconds of silence in the middle of a song, the pause will have more impact than you might think.

[www.parenting4thelongrun.com](http://www.parenting4thelongrun.com)