

Friday

Here, right now

Notice the present
moment



illie's Mark®
Inspiring Excellence for 10 Years

This week your child has been getting to know Millie, and today Millie has one last thing to ask you as their parent: Could you give your child ten unhurried minutes at home? No phones, no rush, nothing to do or achieve. Just being together in the present moment.

Resources

- ★ Time
- ★ Possibly a book of choice, a favourite piece of music
- ★ Somewhere comfortable to sit or lie down.



Activity Outline

- ★ **Preparation:** Teddy breathing. Lie down together on the floor or the bed. Your child rests their teddy on their tummy. Then simply watch as the teddy rises on the in-breath and sinks on the out-breath. Count the breaths or just watch together in silence. One or two minutes is plenty. Enjoy the peace that descends as you both focus on your breathing together. This helps to produce the calm required to be in the moment for one of the following activities
- ★ **Share a story with your child sitting close.** Stop and wonder aloud about the pictures. Give your child your full attention to any responses they have to the book/story
- ★ **Listen to music together.** Lie on your backs and listen to one song. If it moves you to dance, then dance. Be in the moment and fully experience the music together
- ★ **Go on a sound hunt.** Stand still in the garden, at the window or on the walk home. Close your eyes and listen to the sounds around you. How many different sounds can you find? Birds, a car, the wind, your own breathing. Share what you can hear with each other
- ★ **Notice a snack.** One raisin, one strawberry, one square of flapjack. Focus with all your senses. What does it smell like? How does it feel in your hand, in your mouth? Eat it as slowly as you possibly can, savouring every moment of deliciousness.

Important: Activities with children must always be risk assessed.

Extension ideas

- ★ Invite families to send in one photo of their quiet moment for a 'Millie's Moments' display.

Signpost parents to the Millie's Mark leaflet, where they can find out more about what Millie's Mark is and the benefits it brings to their child's safety, care and well-being.



Top tip



The value of noticing

Noticing is a first aid skill too, such as when a child goes quiet, is off their food or just isn't quite themselves. Early observation can spot something at its onset and help to prevent it becoming more serious. Trust your instinct, share your thoughts with medical professionals and act if noting changes or it gets worse.

