



Two parents, one reason

Welcome to the RelationKit mindfulness series. Without playing down your own feelings or needs when there is conflict in the family, it's important to keep your children's health and wellbeing at the centre, making sure they don't feel to blame, unheard or frightened in any way.

Working through your difficulties with your child's other parent, and perhaps offering an apology when needed to help clear the air is a positive step forward and so important for the sake of your own and your kids' healthy future.

If you have practiced the meditations in this series, you may feel you have some more tools in your toolkit to help with this, such as more presence, patience, empathy, compassion, self-love, and a balanced mind. All these tools can be used to help repair your relationship, even if that means you are still not together, and to help your children come to terms with any changes that have occurred.

The relationship you have with your child's other parent, even if that's just the way to speak about them, is important for your child's healthy growth and development.

In this practice, you will reflect on what you can do to make things more healthy and easier in your relationship so that you can work together, as a team, being the parents your children deserve.

So, let's take a moment to settle and to become aware of your breath, breathing in, and just being aware of your breath flowing in, and breathing out and just being aware of the breath flowing out.

Let your breath bring you back home to a calmness and a peace inside. You are trusting your breath to bring you back to the here and now, which is the most important moment.

Now gently reflect: Have you stopped to think about how the conflict that you and your child's other parent is affecting your child or children? You're not judging anyone here, especially yourself - just simply reflecting on what they may feel on hearing or seeing this conflict? How would you feel if you were a child in those moments of conflict?

Now with the qualities of compassion and empathy, and with that deeper understanding that no one wants to live in conflict, can you imagine clearing the air with your child's other parent and beginning to work together as a team?

What might need to happen first? Maybe an apology. Is there something you need to apologise for? Be really honest with yourself now. It's always a good place to start in healing relationships. Is an apology needed from yourself or from them?

In any case an apology should feel or sound a bit like this:

Step one: We need to acknowledge the other persons feelings.

For example, I realise that my behaviour in the past has caused you to feel hurt and upset. I see that now.

Step two: We need to take responsibility.

For example, I have a habit sometimes of not realising that my actions have consequences, and I don't think of the impact it may have on you and the kids.

Step three. We need to acknowledge what will be different in the future.

For example, in the future I am going to try stop and be really mindful of how I say things or how things might affect you, and, of course, the kids. I am sorry.

Imagine giving or receiving a heartfelt apology like this, one that is sincere and mindful. And, on giving or receiving this apology, how you might feel.

Imagine how clearing the air in this way, you can begin to move forward and start to build up your relationship for the sake of your kids. Your kids that you have together - that are a part of both of you, that need you and are counting on you to help them become good people. Moving past the conflict that has been, and into a happier place for you and your family.

Reflect now on how can you work together as a team and parent in the most helpful and healthy ways.

What different things are you good at? What are your strengths, best parenting qualities, and what are your child's other parent's strengths and qualities? Can you take responsibility for certain roles and commit to doing so with each other, so that you complement each other?

Is it healthy for your relationship at this stage to have an open line of communication about your children via text or phone call, once a week maybe, just to fill them in on what's been happening and how your child's doing, any worries or concerns about their wellbeing, so that you are on the same page and fully awake to what is going on for them?

Together as a team you can be stronger parents for your kids - two parents, one reason.

How does it feel in body and in your mind to consider your relationship working like this, as opposed to being in conflict. Does it feel easier? Calmer? Less drama? More productive? And how would it feel for your children, do you think?

Remembering there is always this way, as well.

I wish you well on your parenting journey, riding its waves with more presence, kindness and love.

Take care of yourself and your lovely family.