

# The Importance of **Silence, Stillness and Calmness** in Children's Lives

---

**Hurried children are often stressed.**

The impact of early distress especially from abandonment, threats or violence may lead to **brain impairment**.

A child will be more likely to suffer from depression, stress and anxiety disorders, and a lower IQ.

Eric Jensen, 2006, p108-9

Indeed educational kinesiologists believe that **80% of all learning difficulties are related to stress**. Remove the stress and you remove the difficulties.

Gordon Stokes "One Brain; Dyslexic Learning Correction and Brain Integration."

So many grown ups can't manage stress well because no-one helped them enough with stress and distress in childhood, they never set up effective stress regulating systems in the brains.

The Science of Parenting Margot Sunderland 2006 p 10

## Emotional Acupressure Release Points



### **Cognitive Benefits of Silence and Stillness**

- "relaxed alertness" optimal learning state
- rest and renewal time for brain
- downshifting - time to sort and store, process
- thinking time - rapid answers not always the best
- maximum utilization of brain especially with new learning
- creating safety - biological drive v's learning drive
- eases pressure and stress that stresses the brain
- benefits for boys especially with emotional responses
- opens creativity and improves problem
- helps to overcome 'stuckness" allows unconscious mind time to find solutions
- helps sensory sensitive students to learn
- allows auditory processors a chance to listen to their inner voices "
- allows reflection time – deeper thoughts have time to surface
- empower the unconscious mind to support learning

### **Other Benefits of Silence and Stillness**

- Opens mind to creativity and better problem solving
- Builds emotional intelligence and competency
- Improves energetic fields both individually and group
- Nurtures the inner world and the human spirit
- Builds resilience skills for life
- Improves ability and capacity to think
- Lessens fear - imagined or real
- Creates opportunity to "be" rather than "do"

#### **Remember the 3 S's**

1. Slow down
2. Soothe more
3. Create safety

The brain cannot tell the difference between real or imagined images.

### **Simple Tips for Calming Children and Reducing Stress**

1. Be comfortable with quiet yourself and model it – use words “quiet time”.
2. Use quiet tonality when speaking or making requests of children.
3. Use soothing music in the home especially nature sounds
4. Spend time in quietness like taking a nap together.
5. Use massage and safe touch to calm hyper active little ones from birth
6. Connect children to nature and spend time outside often
7. Turn the TV, Computer and off more often. Limit its use.
8. Take walks and swims often – it settles spikey energetic fields.
9. Create family times without distractions-Meals with no TV. Eat outside often.
10. Encourage reading for pleasure.

11. Read to hyper active children to calm them.
12. Try aromatherapy using oil burners. Check you are using calming essences like sandal wood, lavender or a mixture specially made for calming.
13. Stroking the “tickle point” gently the forehead, the back or the feet.
14. Bush flower essences or Bach Flower Remedies for calming.
15. Sensory Activities like play dough, clay modelling or building with sand. Finger painting, painting back fence with coloured water, blowing bubbles outside.
16. Try to use humour to diffuse energy. Do the unexpected!!!
17. Milo Time!!! Maybe it is an illusion however making a warm cup of milo for both of you can soothe frazzled nerves!!!
18. Encouraging quiet time in their own room, bed or bean bag.
19. Use creative visualization CD’s or nature music in their own rooms especially as they prepare for sleep. Repetition helps build pathways for calmness in the mind. Also positive messages can be set in the unconscious mind.
20. Hug and reassure often. Practise more kindness and compassion.
21. Improve sleep patterns and opportunities.
22. Take them outside

#### **Creative visualization/Mental Rehearsal**

- Enhancing self esteem
- Expanding awareness
- Facilitating psychological growth and integration
- Evoking inner wisdom
- Increasing empathy
- Increasing memory
- Facilitating optimal performance
- Evoking a more positive attitude
- Accelerating the learning of subject of subject matter
- Stimulating whole brain integration

Jack Canfield

“The body of a child will not grow if it is not fed; the mind will not flourish unless it is stimulated and guided. And the spirit will suffer if it is not nurtured.”

Rachael Kessler

Free newsletter and downloads

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

**Maggie Dent**  
quietly improving lives