



Morning Coffee Deep Breathing

Use the aroma of your morning coffee/tea to remind you to breathe deeply. Begin the day being present with your family, friends, and co-workers.

- ☀ Breathe in deeply the rich aroma.
- ☀ Slowly, evenly blow out to cool.
- ☀ Repeat & feel confident your modeling for your child.



confidentparentsconfidentkids.org

© Copyright, 2017, Jennifer Smith Miller. All rights reserved.