

Introduction

Hello Children Incorporated!

Please allow me to introduce myself! My name is Laura Knight. I am a mother of two, a former elementary school teacher, positive discipline educator, mindfulness optimist, and Arbonne consultant. I inspire parents to feel better about themselves, in their partnership, and with their children.



As a life-long teacher who cannot stop learning and sharing how to bring more joy into each day, I spend most waking hours helping parents and children find more moments of calm and happiness in the chaos of life (yes, that is actually possible!). I do that through teaching parenting tools, mindfulness, and offering health and wellness products through my Arbonne business. You can learn more on my website, www.lauralinnknight.com.

The reason we are connecting through your monthly Children Incorporated Newsletter is because I am now using my Arbonne business to make monthly contributions to supporting the meaningful work of Children Incorporated.

Now, when you buy Arbonne products for your home, body, skin, and for your nutrition, you will be supporting impoverished children on a global level.

How It Works

If you are unfamiliar with Arbonne, it is a holistic approach to health, beauty and wellbeing. All products are 100% vegan, cruelty-free, and free of toxins and fillers. Arbonne is a Certified B Corporation which means it is held to the highest regulations of environmental impact, employee welfare, customer welfare, community impact, and company governance.

I started my Arbonne business because I was looking for more like-minded community, but I fell in love with the multi-level marketing model because it affords our family a monthly opportunity to generate asset income. I also believe that it is my responsibility, as a consumer, to use my purchasing power to buy from companies that are ethical, sustainable, and doing good for the world (Arbonne is just that!).

Arbonne has been such a gift in my life, and *I am paying it forward by donating 50% of my monthly sales to Children Incorporated.*

If you would like to purchase Arbonne products and have the donation go to helping Children Incorporated, please email me (lauralinnknight@gmail.com) and I will be more than happy to

assist you. Or, go to www.arbonne.com and *when you place your order, put my Consultant ID number (Consultant ID 21578542) into the check out at the end! Please note that this part is important because if your order isn't attached to my name, I won't be able to make the donation on your behalf.*

** It is really important that anything you order is attached to my name, Laura Knight, (Consultant ID 21578542) so that we can donate 50% of the profits to Children Incorporated **

If you decide to purchase online without contacting me first, I suggest you consider becoming a preferred client (\$29 for the year) to get 20% off all orders, 40% off packages, and free gifts on qualifying orders.

Here are a few of my favorite products that we offer through Arbonne ...



*The RE9 facial care set!
My favorite and so good
for my skin (which used to
be overly dry!)*



*We offer an extensive make
up selection that is free of
toxins and uses ingredients
that are good for your skin!*



*Inner Calm Adaptogenic
De-Stress Powder! 84%
of the world experiences
some feelings of stress.
This powder helps
support a meditative state
of mind and promotes a
sense of calm and
relaxation.*



*All of our Arbonne products
are vegan, gluten-free, non-
gmo, and never tested on
animals!*

*When you take care of
yourself, you are caring for
the earth as well.*

Again, thank you for supporting Children Incorporated while taking care of yourself! I'm thrilled to be connecting with you and offering my support to this incredible organization.

Tools for You

Healthy products are a great way to take care of yourself. When we eat in a clean way and use make up and skin cleansers that are free of toxins, we are taking a great step towards our overall wellbeing. Another way we can support ourselves, especially in this time of stress, is with mindfulness.

Today, I am honored to share with you mindfulness tools that you can use personally and, for you parents, with your children.

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.” - Jon Kabat-Zinn

Mindfulness has become quite the buzz word recently. But, what is mindfulness and how can it help regulate stress?

Mindfulness came from a Buddhist concept founded about 2,600 years ago. Jon Kabat-Zinn helped bring mindfulness into mainstream America 35 years ago when he founded the Stress Reduction Clinic in Massachusetts and began teaching Mindfulness-Based Stress Reduction.

Much research has been done on the people who have participated in mindfulness-based stress reduction and what studies show is that mindfulness improves psychological functioning and improves chronic pain. Additional benefits of mindfulness are;

- Less obsessive thoughts
- Less stress and anxiety
- Better focus
- Increased empathy and compassion
- Increased awareness

Today, I am going to share with you some simple ways that you can start to cultivate a mindfulness practice (the key word being *practice*, as the intention is to be patient and easy on yourself as you learn this new skill).

Breath

Before you get out of bed in the morning, bring your attention to your breath. Count 5 mindful breaths. Do this throughout the day.

Sound

Use everyday sounds to bring you back into the moment of the day. Do you notice the neighbors dog barking? Do you hear a bird chirping outside your window? Pause for a moment, what sounds can you hear right now?

Eat

Pay attention to each bite of food. What does it smell like? How does the texture of the food feel in your mouth before you chew? What tastes do you notice on your tongue?

Observe

Sit for two minutes and observe your thoughts. Can you watch them float past like clouds in the sky? After you notice a thought, try to refocus your attention on your breath.

Heart

Develop a daily gratitude practice! Take a moment right now to write down 5 things that you are grateful for. Studies show that a daily gratitude practice enhances empathy and reduces aggression, improves your psychological health, and can even help you sleep better!

You can learn more about mindfulness on my website, www.lauralinnknight.com

If you would like to read more books about mindfulness, I suggest -

1. *The Surrender Experiment* and *The Untethered Soul* by Michael Singer
2. *Wherever You Go, There You Are* by Jon Kabat-Zinn
3. *The Mindful Self-Compassion Workbook* by Kristin Neff & Christopher Germer

Do you already have a strong mindfulness foundation? If you already have been practicing mindfulness for awhile, I suggest boosting your practice with some pre-recorded meditations on Deepak Chopra's website - <https://www.deepakchopra.com> or downloading a meditation App such as, The Insight Timer.

Now, more than ever, I see the need for mindfulness in our world. We are facing fears that are unprecedented, making our minds want to spin like hamsters on a wheel.

When we are able to stay present, we can regulate our stress and deal with our immediate needs/concerns with a calm mind. I hope that these tips and tools will help you as much as they have helped me and my family!

Tools For Children

For those of you who have children, I know how full your plate is - juggling both work, home-school and the emotional needs of your children.

Developing your own mindfulness practice and helping your children develop tools of their own, will help during this chaotic time. You can see daily parenting tools on my business instagram account @jandlworkshops and my personal account @lauralinnknight_.

A mindfulness practice can make parenting easier because -

- You are less reactive.
- You can be present with your children instead of worrying about the future or ruminating about the past.
- You can have an increased focus on what your children are doing, feeling, and talking to you about.

- You can have greater calm in your home.
- You can maintain awareness of your children's behavior rather than react with anger and explosion.

Mindfulness activities can be extremely grounding for children. Currently, your children may be feeling anxious about the pandemic, as well as having feelings about missing their friends and school. If there are big feelings in your house, emotional regulation and some mindfulness can help to bring some peace into this stressful situation. Here are some of my favorite activities to do with children;

Imagine each worry is dancing through the sky on the wings of a butterfly.

You and I think 50,000 to 60,000 thoughts every day (which is a mind-blowing big number). That can feel like a lot of thoughts, especially if you worry like me.

- Decorate a cardboard box. Write what you are grateful for on a card. Put the card in the box. At the end of the week, read the cards. We can teach our mind to focus on things that we like and make us feel happy.
- Look up at the clouds. Pretend that your thoughts are clouds floating away.

Mindfulness Jar

My mindfulness jar helps me feel calm. I shake it up and watch the glitter slowly swirl and fall to the bottom of the jar. When I am scared or mad, I pretend my big feelings are glitter spinning around. After I watch for awhile, I start to settle down like the glitter. You and your grown-up can make one too!

Ingredients: Mason Jar, Water, Glitter Glue, Yellow or Blue Food Coloring.

Directions:

- Fill mason jar with water.
- Add a few large squirts of glitter glue.
- Add one or two small drops of yellow or blue food coloring.
- Put the lid on the jar, shake it up, and watch the glitter fall to the bottom.

Suggested book to pair with this activity: *Moody Cow Meditates* by Kerry Lee MacLean.

Breathe slow and strong, count each step, then trot along.

Did you know that breathing makes your body feel calm and counting your steps can relax your mind?

- Go on a short walk and count your steps along the way.
- Place your hand on your tummy and breathe slowly in and out through your nose.

- Lie down on the floor and place a small toy on your belly. Watch the toy rise and fall with the breath ... in and out.

If you are looking for any mindfulness books to incorporate into your home, I love the following;

1. Planting Seeds by Thich Nhat Hanh
2. Mindful Monkey, Happy Panda by Lauren Alderfer
3. The Sound of Silence by Katrina Golsaito
4. Zen Short by Jon J Muth
5. I Am Peace: A Book Of Mindfulness by Susan Verde

Find a complete list of social-emotional books at <https://lauralinnknight.com/suggested-reading>

Upcoming Events

I provide **Private Parent Coaching** with my co-worker and LMFT, Jessica Shank. If you are interested, please feel free to email me - lauralinnknight@gmail.com.

We will also be hosting an upcoming online parenting workshop, May 31st. You can read description/register:

www.bit.ly/calminthechaosworkshop

Thank you for your time today and for being caring citizens that are supporting the work on Children Incorporated.

Warmly,

Laura