

Are You Listening by Laurel Wilson

## **Are You Really Listening: Using Mindfulness and Three Part Counseling for Breastfeeding Success**

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### TOP TIPS SHEET

Good listening avoids these saboteurs: Interrupting, Judging, Advice, Assuming, Big Words

Definition of mindfulness: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness= Attention + Awareness + Presence

The process of using mindfulness as a communication tools means moving from me to we. From it's all about me to it's all about relationships.

Whatever we practice grows stronger, and we are always practicing some emotion. Identify the emotion you want to practice more and the emotion you want to practice less.

Heartmath.com – Magnetic Heart Resonance

Mindfulness allows one to move from a pattern of stimulus to response to a pattern of stimulus, mindfulness, choice, and response.

Happify – Video on How Mindfulness Empowers Us:  
<https://my.happify.com/hd/how-mindfulness-empowers-us-sharon-salzberg/>

What you do is more important than what you say - 55% gestures, 38% voice tonality, 7% actual words.

Mirror neurons teach us how to interact from the time we are newborns. Gaze response helps babies identify and practice emotions.

When you step in a room with a client, set the stage mindfully. Pay attention to visual, auditory, and tactile clues.

When we are in an ego, or stress state:

Blocks flow of information

Replaced with:

- Mental story lines

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- Projections
- Fear
- Reactions

Consider adding food or tea-time to counseling sessions. Food increases oxytocin release.

Be the parent whisperer:

- Observe
- Attune
- Connect
- Communicate

Traffic Light Mindfulness

- Red Means Stop
  - Heart Closed
  - Take a breather
  - Yellow means Pause
  - Ambivalent
  - Potential to shut off
- Green Means GO
  - Heart Open

Three Part Counseling – Ask/Affirm/Educate

Love Method – Listen/Observe/Validate/Educate

Set the stage – Listen with an open mind, open heart, open self

Step One - Ask Questions or “Listen and Observe”

Use Open Ended Questions – What, How, Why

Don't use Closed Questions – Is, Are, What, Were

Step Two –Affirm or “Validate”

- Most important step!!!!
- Reassures her that her feelings are normal
- Shows respect and builds confidence
- Helps mother feel safe

Step Three – Educate

- Target information to her concern
- Provide in brief bits
- Offer options
- Check for understanding
- Offer to help her learn more
- Have repeated conversations

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Conscious Agreement from The Attachment Pregnancy (Wilson and Wilson Peters)

- Separate Yourself From External Influences
- Get Quiet and Pause
- Listen In
- Choose and Commit

More questions?

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