

Healing Presence

A Free Guide for Parents
Healing from CEN & CPTSD

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Healing The Void: From
CEN to Wholeness

Discover gentle practices,
journaling prompts, and micro-
moments to deepen your
connection with your child.

Awareness & Reflection

Notice your patterns without judgment. Awareness is the first step toward change.

Practice:

- Sit quietly for 2–5 minutes and observe your thoughts as you imagine being fully present with your child.
- Notice urges to fill time, escape, or distract yourself.
- Ask: “What is my body feeling right now? What emotions arise when I slow down?”

Journaling Prompts:

- “When do I feel most distant from my child?”
 - “What triggers my urge to over-schedule or over-give?”
 - “Which moments today felt closest, however small?”
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Micro-Moments of Presence

Build connection in small, attainable ways.

Practices:

1. The 5-Minute Experiment

- Commit to 5 minutes of agenda-free play or quiet time.
- Follow your child's lead. Observe without correcting or instructing.
- Journal: "What did I notice in my child? In myself?"

2. Pause Before Yes

- Before agreeing to another activity or obligation, pause and ask: "Is this truly for my child's joy, or am I avoiding something in myself?"

3. Mirror & Name Emotions

- Reflect your child's feelings aloud: "You seem frustrated."
- Acknowledge your own simultaneously: "I feel a little anxious too."

4. Sacred Downtime

- Schedule unstructured moments with your child—no tasks, no planning.
- Simply be together, noticing connection in stillness.

5. Self-Soothing Before Soothing

- Take one deep breath, notice your body, then respond when your child is upset.
 - This models calm regulation and strengthens co-regulation.
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Nervous System Regulation

Approach connection from safety and calm rather than fear or autopilot.

Techniques:

- **Breathwork:** Inhale for 4 counts, exhale for 6. Repeat 5–10 cycles.
- **Grounding:** Place a hand on your heart or belly, feel your body supported.
- **Somatic Release:** Shake tension out, stretch, or tap your arms and shoulders before engaging.

Reflection Prompt:

- “How does my body feel before, during, and after these practices? What changes when I approach with calm presence?”

Reparenting Yourself While Parenting

Give your inner child what you may have missed while nurturing your child.

Practices:

- Speak gentle, supportive words to yourself: “It’s okay to feel tired or restless.”
- Hold space for your emotions without judgment while attending to your child’s needs.
- Celebrate micro-moments of presence and attunement as victories, not perfection.

Journaling Prompts:

- “What small act of slowing down today felt nourishing for both me and my child?”
- “Which moments did I successfully notice or pause before reacting?”

Daily Reflection

Morning Intention:

- “Today I will notice moments of connection without expectation.”

Evening Reflection:

1. Name one moment of presence with your child.
2. Name one moment you were gentle with yourself.
3. Note one challenge and a small, compassionate adjustment for tomorrow.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Journaling Prompts

- “How did my own caregivers show—or not show—attunement? How can I offer myself that now?”
- “Which emotions felt hardest to tolerate, and how did I respond?”
- “What small, brave step toward presence did I take today?”

Use this guide as a flexible companion, not a checklist. Even **tiny moments** of mindful presence rewire attachment patterns, heal your nervous system, and nurture both your child and your inner self.

Final Words

Thank you for taking steps toward deeper connection with your child—and yourself. For more exercises, journaling prompts, and guidance on healing from CEN and CPTSD, visit fromcentowholeness.com.

Every small act of presence matters. Let's continue this journey together, one mindful moment at a time.