



5 steps to Emotional First Aid

Step 5: Getting the knowledge you need

Sometimes there is a specific piece of knowledge or information that would make our lives easier. We would be better able to go about our daily lives if we simply knew x,y or z. Yes we are often too busy with life to take the time to work out what we need.

So take a moment to connect with yourself, with one hand on your heart and one hand on your stomach. Breathe gently in and even more slowly out for a minute. Sink deeply into yourself and ask:

What do I need to know right now?

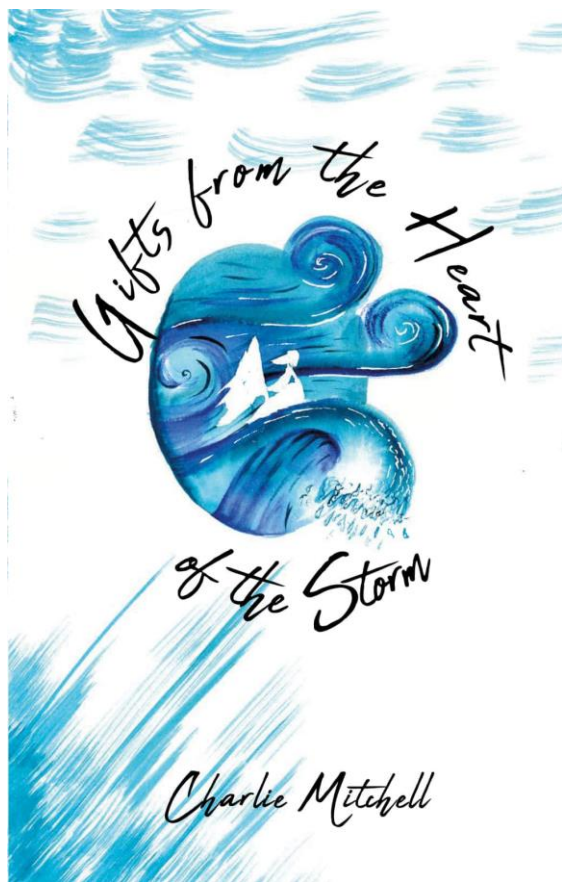
If we had the answer it would be simple! So who might know the answer?

It may be that you cannot think of anyone who would know the answer. If this is the case, pop over to our Facebook group and ask the question there. One of the other parents or one of the team from Starseed Parenting may be able to help:

www.facebook.com/groups/starseedparenting/

Thank you for taking the time to explore this 5 steps to Emotional First Aid.

Thoughts, feelings and reflections:



Next you can explore our free book 'Gifts from the heart of the storm' where you can follow the healing journey I and some of my clients have taken.

With thanks to Gloucestershire Carer's Legacy Fund for making this freely available to all parents online.

Please visit:

www.starseedparenting.org/giftsbook

If you have any other questions or feedback about how we could improve this guide please email:

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Warmest wishes! xxx