

NeuroMovement®
FROM FIXING TO CONNECTING
Week 1 Exploration Tools

Week 1 Suggested Assignment

We invite you to now or later, watch and re-watch Week 1 lecture with Anat, it provides a foundation to the whole course.

Please read: Chapter 2, *From Fixing to Connecting* in **Kids Beyond Limits** by Anat Baniel

There are three points to focus on during the upcoming week, and it is VERY important that you know that it is not for the purpose of self-judgment, making yourself wrong, or feeling guilty. It is meant as an exploration, a gentle experimentation, and an initial familiarization with a new approach.

1. Fixing versus connecting:

When you interact with your child, or even when you think about your child, ask yourself, “am I in the fixing mode, or am I looking to connect with my child.”

2. Felt experience:

From time to time ask yourself: At this moment, whatever is going on, what might my child’s felt experience be like? What do I think I would feel if I were in his or her place?

3. Going with the system:

Look for opportunities to observe your child, or the child you are working with, and to “go with the system” rather than try to force it in your direction or impose on it what you want. Make sure that you feel safe and comfortable doing so.