Mindful Parenting

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- **Definitions**: "mindfulness" and "mindful parenting."
- "Know the why": Your intentions. The benefits.
- 5 principles of mindful parenting
- 5 strategies for cultivating mindful parenting skills
- Break-out groups: explore challenges and brainstorm solutions / responses for each principle – enquire within.

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What is mindful parenting?

Moment-to-moment, open-hearted, non-judgmental attention so we can see our children as they are, not as we want them to be.

- Mindful parenting is a fundamental parenting skill.
- An investment in a long-term relationship with your children.
- Responsive instead of reactive parenting.

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What is mindfulness?

The capacity to be fully present with our actual, moment-to-moment experiences, with compassionate attention and without trying to change anything.

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"Know The Why"

- Make our children perform better in school?
- Best engineer their success?
- Reduce their anxiety so they can do their best?
- Help them get into the best schools?
- Improve their behaviour?



"Know The Why"

The most precious thing we can give our children is the gift of our full presence, in the moment.

Today, more parents value work/life balance; we desire to nurture healthy, well-adjusted children and cultivate healthy long-term relationships with them.

Relationships: the long game

So, what exactly is classroom mindfulness?

Specific training in three skills:

- 1. Concentration power,
- 2. Sensory clarity, and
- 3. Equanimity (acceptance of the present moment).

Student: Noticing what's happening in me, right now, by spending a fixed time paying attention to my senses (sound, sight, taste, feel, touch, smell), my thoughts, my emotions, and those around me.

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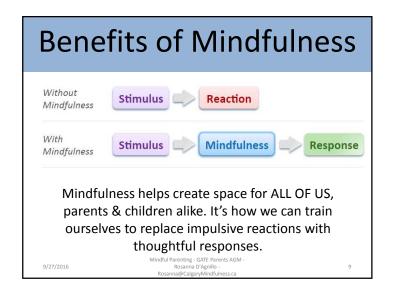
Give to ourselves what we wish to teach our children

- Mindful parenting is a commitment to the healthy psychosocial development of our children.
- We want our children to be healthy adults
- We can only give them what we have given first and fundamentally to ourselves.

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Benefits of Mindfulness The Two Wings of Mindfulness for Students Attention Self-Regulation Related Constructs Related Constructs Impulse Control Concentration **Emotion Regulation** Regardless of the impact on academic performance, these are cornerstones of healthy learning environments and family environments!



5 Principles of Mindful Parenting

- 1. Listening with full attention
- Non-judgmental acceptance of self & child
- 3. Emotional awareness of self & child
- 4. Self-regulation in the parenting relationship
- 5. Compassion for self & child

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Strategies for Mindful Parenting

- 1. Develop your own mindfulness practice
- 2. Manage your stress: S.T.O.P.
- 3. Acknowledge and accept imperfection
- 4. Honour your children's sovereignty
- 5. Cultivate self-kindness & self-compassion

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Breakout Groups: Looking Within

Share your struggles and brainstorm solutions...

- 1. Listening with full attention
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- 3. Emotional awareness of self & child
- 4. Self-regulation in the parenting relationship
- 5. Compassion for self & child

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