

## 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?

# Nope.

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## “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

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## 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

Regardless of the impact on academic performance, these are cornerstones of healthy learning environments and family environments!

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## Benefits of Mindfulness

Without  
Mindfulness

Stimulus

→

Reaction

With  
Mindfulness

Stimulus

→

Mindfulness

→

Response

Mindfulness helps create space for ALL OF US, parents & children alike. It's how we can train ourselves to replace impulsive reactions with thoughtful responses.

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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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## 5 Principles of Mindful Parenting

1. Listening with full attention
2. 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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## Breakout Groups: Looking Within

**Share your struggles and brainstorm solutions...**

1. Listening with full attention
2. 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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