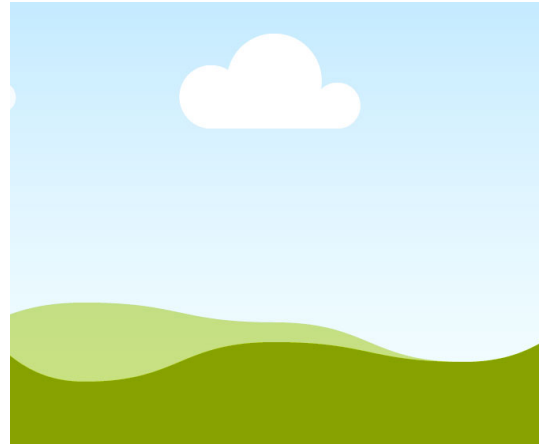


HOW YOUR MINDFULNESS BENEFITS YOUR WHOLE FAMILY

Connecting to the present moment can also be called mindfulness.

Being a mindful parent can have benefits for your kids, for you, and for the family as a whole.



WHAT IS MINDFUL PARENTING?

“Mindful parenting is about staying psychologically present with one’s children, even in challenging moments.”

-Wittingham & Coyne, 2019

When your child is sad about something that feels real to you, your first instinct is to comfort, to move closer, to be present.

When your child’s behavior is directed outwardly toward you in the form of anger or defiance, your first instinct is not always to move closer, to stay present.

When your child has repeated behavior problems (what you may refer to as disobedience or disrespectfulness), do you want to lean in to that? Or does your own instinct kick in to protect you?

It is not uncommon or odd to want to escape in those moments, even just mentally escape for a bit. This is your brain kicking into fight or flight- and walking away may be one of your calming strategies.

But look back at that definition: “staying psychologically present”. What does that mean to you??

What are some ways you can show that you are present mentally or psychologically, no matter what behaviors your child is exhibiting?


Here are some ideas to get your ideas flowing:

1. Put down your phone or other distractions.
2. Look them in the eye when they are speaking to you- even if you don't like what they are saying (or whining).
3. Respond in small ways to let them know you are listening like "mmhhmmm" and head nods.

What would you add to this list?

Mindfulness can help parents to manage their own emotional reactions in healthier ways, so instead of responding with avoidance or big reactions, they can interact in healthier, more productive ways.
-Whittingham & Coyne, 2019

What is a recent time you managed your own emotional regulation in front of your kids? Write about it here and celebrate yourself as this is a win! Think of what you modeled for your whole family!

 **Present moment awareness helps us to discover what works and to be able to take a flexible and experimental approach to parenting.**

-Whittingham & Coyne, 2019

IS THIS YOU?

YES NO I want my child(ren) to be able to regulate their own emotions.

How are you modeling this in your own behavior now?

YES NO I want my child(ren) to be able to see the big picture and not over-react to everything.

How are you modeling this in your own behavior now?

YES NO I want my children to pay attention when I am speaking to them.

How are you modeling this in your own behavior now?

YES NO I want my child(ren) to be able to pause and not get so caught up in being busy all the time.

How are you modeling this in your own behavior now?