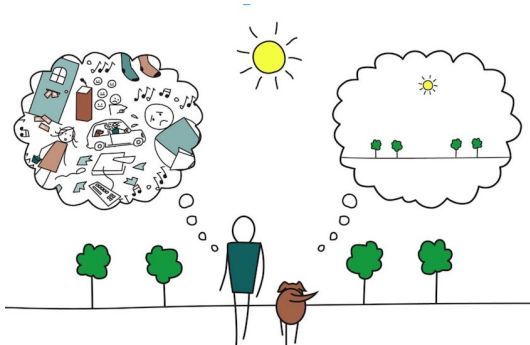


MINDFUL PARENTING: BUILDING RESILIENCY IN CHILDREN, YOUTH, AND FAMILIES ONE MOMENT AT A TIME

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Mind Full, or Mindful?

Source: <https://sites.uci.edu/mindfulhs/what-is-mindfulness/>

WHAT IS MINDFULNESS AND WHY IT'S IMPORTANT

__Mindfulness is "paying attention in a particular way on purpose, in the present moment, non-judgmentally" (Jon Kabat-Zinn).

Regular mindfulness practice helps develop better emotion regulation and executive functioning skills that allow us to make better choices and be better focused. Mindful parenting helps us be more aware and function less on "auto pilot."

TINGLE METHOD

This self-intervention helps us slow down and regulate our emotions to think more rationally and act in line with our values and goals:

Timeout for parents: Recognize the need to take a timeout (mental break or physical if safe to do so).

Inhale-Exhale: Begin timeout by focusing on your breath and breathe deeply in and out.

Name it: What is it that upset me so much? What am I feeling?

Ground yourself: Close your eyes, observe inner judgments and focus on feelings of compassion, forgiveness, gentle kindness. Ask yourself how you would want to be treated.

Loosen up: Stretch, walk, release energy from body.

Evaluate your mind: Check in with yourself and ask yourself "Am I able to think clearly," "Am I less emotionally aroused?"



PRACTICING MINDFULNESS AS A FAMILY

*Pick a few times over the week (perhaps at the end of the day) to re-connect and notice the breath for a few minutes, this cultivates stillness and being present together. You can make this playful with younger children by pretending you're breathing in something delicious (e.g., cookies) and breathing out (blowing) birthday candles.

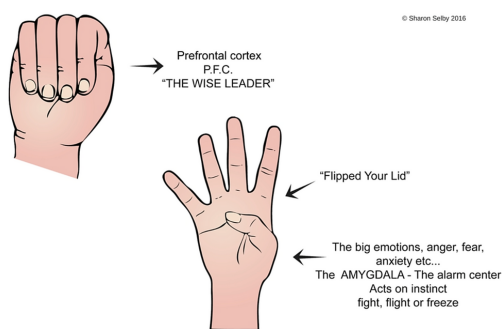
*Pick a time as a family to share favourite thing about the day.

*Gratitude jar

*Go for a mindful walk together, use all your senses, make it playful.

*Bringing attention throughout the day to your own and your child(ren)'s emotional state will help you and your child(ren) become more aware of what you feel when you are feeling it. Sit together and notice any emotions that come to you. Don't try to change or understand them, just notice and be with them.

*Mindfulness Apps and Videos



Source: <https://www.sharonseiby.com/parenting/what-happens-when-you-or-your-child-flip-your-lid>

CONNECT AND REDIRECT

- __First, connect with your child, acknowledge and stay in the emotional state, tune in to how your child is feeling. At these moments, logic isn't our primary vehicle for bringing in sanity.
- __Second, redirect through problem solving and discussion together.

RESOURCES

APPS and Helpful Links for Mindfulness:

Apps: Headspace, Calm,

For teens: <http://mindfulnessforteens.com/>

For younger children: Sesame Street meditations with HeadSpace (e.g., <https://www.youtube.com/watch?v=yhRWp0wOLyo>)

Breathing video: <https://amysmartgirls.com/short-film-just-breathe-helps-kids-deal-with-emotions-1b4f91dac5ad>

Mindful parenting books:

"The Whole-Brain Child" by Daniel Siegel and Tina Payne Bryson

"Parenting from the Inside Out" by Daniel Siegel and Mary Hartzell

"Everyday Blessings" by Jon and Myla Kabat-Zinn

"Waking Up: A Parent's Guide to Mindful Awareness and Connection" by Raelynn Maloney

"Mindful Parent Happy Child" by Pilar Placone

"Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Happy Kids in Today's Hectic World" by Kristen Race

"Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child" by Shauna Shapiro and Chris White

Mindfulness story books for children:

"The Magical Yet" by Angela DiTerlizzi

"Hey Warrior" by Karen Young

"Peaceful Piggy Meditation" by Kerry Lee MacLean

"I Think, I am!" by Louise Hay and Kristina Tracy

"How Full is Your Bucket?" by Tom Rath and Mary Reckmeyer

"The Invisible String" by Patrice Karst

"Visiting Feelings" by Lauren Rubenstein & Shelly Hehenberger

"Steps & Stones: An Ahn's Anger Story" by Gail Silver

"Mindful Monkey, Happy Panda" by Lauren Alderfer and Kerry Lee MacLean