

Mindful Parenting 101

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



You may unknowingly already be parenting mindfully on occasion. Mindfulness is a wonderful tool parents can use to help nurture their child's happiness and can become an integral part of the parent-child relationship.

If you are unfamiliar with mindfulness but would like to know more, keep reading. Learning a little about mindfulness is the first step toward mindful parenting.

Mindfulness is a fast-growing concept for people who want to learn the difference between living a "full" life and a fulfilled life. Mindfulness is a reflective practice like prayer and meditation that has been around for many years.

The premise of mindfulness is to live in the present moment, to focus on what is important to you and influence where you put your attention in any given moment.

When your focus gets distracted, you have the ability to draw your attention back to whatever you were focusing on in that moment. Your awareness will grow as you practice mindfulness and you will become more aware of yourself, others and your environment.

You will begin to see things that you never noticed before but were always there. Mindfulness teaches you to use attention in ways that will enrich everyday situations and make you more aware and engaged.

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As mindfulness becomes part of your daily life, it can change the way you parent by changing the way you act, think, identify and communicate in your child's presence, changing the way you discipline, converse, support, and encourage your child--promoting a more positive way for you and your child to relate to one another.

These actions form the way your child sees himself (or herself) and the world. The relationship your child has with you is one of the most meaningful relationships in his (or her) life. Your child gathers information from the behaviors, actions and conversations as you interact with each other and this information shapes their feeling of self-image and self-worth.

This is their measurement of what they can expect from others, of how the world is going to treat them, and if and how their emotional needs are going to be met. Being mindful in the parent-child relationship reinforces a healthy self-image and self-worth for your child.

In addition to helping your child develop a healthy sense of being, mindfulness can also enrich your life. Mindfulness can bring calmness to those frenzied days and nights and lessen the stress that parents experience. Mindfulness can affect your behavior, attitude, thoughts and actions.

Through practice, you will learn to consciously create moments with your child that enhance their healthy development and foster genuine happiness -- and that happiness is one of the greatest gifts you can give to your child.

Additional Notes: