

Mindful Parenting

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



1. Practicing mindfulness in front of your child is an excellent way to model this lifestyle for your child and also engage them to join you.
2. Below are some examples you may find beneficial not only to encourage you on your mindful journey but also modeling opportunities as a segue to invite your child along on the journey of mindfulness.
3. Practice in plain sight. By placing your meditation cushion in a prominent place in your home, such as on your bedroom floor, it will invite you to practice your meditation daily as you pass by.
4. Your child is sure to notice the cushion in the floor and become curious about it.
5. Develop a routine. By having scheduled mealtimes and bedtimes you can eliminate needless guesswork and allow everyone to relax into a routine flow of stability.
6. A sense of stability is especially important in the development of young children.
7. Technology break. Regulate TV and computer usage and reduce artificial stimulation, distraction, and escapism. Show your child there are other ways to engage their minds.
8. Start small. As the saying goes, "Rome wasn't built in a day." If you want to develop good habits or eliminate bad ones, start small.

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9. You can't fix everything in one day, you must develop a routine and stick to it. You can also help your child to develop good habits by instructing them in small tasks such as how to brush their teeth, and then do it together, twice a day.

10. Quality attention. Dedicate one hour a day to give quality attention to your family. Focus on their needs solely and forget your agenda.

11. Undivided attention is the most tangible expression of love you can give to your family and an excellent trait to pass on to your children to prepare them for their future family.

12. Time out. Take a break before you break under pressure. Sometimes parents need a time out too, a place to retreat to diffuse conflicts. Perhaps a "quiet chair" could be the family designated spot as a place to cool down.

13. Children may be less likely to view the "quiet chair" as a punishment if they have seen a parent use it also.

14. Apologize first. Be the first to apologize and restore household harmony. Your child will learn how to do this by the example you set.

15. Be a spectator, not a judge. Refrain from making judgments and drawing conclusions about your child. Children learn from their mistakes and a parent's perception of them molds their character.

16. Sometimes you just have to watch their lives unfold, and be surprised at the outcome.

17. Showing them unconditional love despite their flaws bolsters their self-worth and gives them an example to follow when they have children of their own.

18. How will you take what you learned from this forward into your life?