

Parenting Happily

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



Every parent wants to see their child happy. In addition to seeing them happy, you want to know that you actually helped to make them happy. However, if you are not happy yourself, it is quite difficult to pass happiness on to your child.

It is easy to pass on temporary moments of happiness with gifts and things but long lasting, genuine happiness takes a conscious effort. Genuine happiness is more than a feeling, it is something that you carry with you in every aspect of your life.

You may not always look happy, instead feeling upset, angry, sad or any other emotion besides happy, but with genuine happiness despite conflicting emotions, you still feel that the world is a safe place, you feel good about yourself and you know that you are worthy of being loved and cared for.

This kind of “carried” happiness is one of the most valuable gifts you can give your child and it is easier to give than you may think.

“Carried” happiness is passed down through the parent-child relationship and it grows as your child interacts with others. Each time you let your child know that “regardless of your mistakes, you are a good person and worthy of being treated well”, seeds of happiness are planted in your child. Parents have the ability to develop this process by making use of daily moments – during story time, at the grocery store, in the car, doing laundry, etc.

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What may seem like trivial moments at the time can leave a lasting imprint that nurtures your child's inner happiness. There are countless opportunities to develop this process, but you must take the time to use those opportunities and be in the moment.

It is hard not to be distracted by your own stressors when you feel overwhelmed and caught up in your own emotional issues but this causes you to function on auto-pilot instead of truly being in the moment to engage with your child.

It is virtually impossible to be a perfect parent. Life can be unpredictable, and so can children. Daily demands and social distractions make it difficult to be present for your child but you can break this cycle by making a conscious effort to parent in a more mindful way that encourages "carried" happiness in your child.

If nurtured, this "carried" happiness will be a gift that your child will pass on to others throughout their life. Mindfulness is a wonderful tool for any parent to help you create and utilize daily moments to engage with your child and nourish "carried" happiness by consciously providing authentic, compassionate, and affirming interactions.

Take a few moments to write down on the following page some instances where you could take advantage of the opportunity to nurture your child's "carried" happiness. During the next week, try to make a conscious effort to take advantage of these opportunities and write down your progress.

Was your attempt to be in the moment with your child successful or were you distracted by other things? If you were distracted, do not be discouraged, new habits take time to develop, just as old habits take time to disappear. The important thing is that you are making the effort.

Additional Notes: