

PARENTING WITH MINDFULNESS  
IN MIND

Mindfulness Strategies  
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**Mindfulness**- a mental state achieved by focusing one's awareness on the *present moment*, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations.

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**MINDFULNESS CHALLENGES US TO BE AWARE OF WHAT IS GOING ON WITHIN OURSELVES IN THE PRESENT MOMENT.**

- Asking what emotions am I feeling right now? (anxious, sad, confused, frustrated, angry, or any other emotions in between )
- How does your body feel right now? (tired, hungry, tense, wound up, pleasure, peaceful, etc.)
- Where are my thoughts right now? (in the present or somewhere else?)
- Is the way I feel related to old hurts or past pain undealt with?

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**MINDFULNESS ALSO CHALLENGES US WITH BEING AWARE OF THE INTERACTIONS YOU ARE HAVING WITH OTHERS, LISTENING AND BEING ATTUNED TO HOW THE OTHER PERSON IS FEELING.**

- Asking ourselves these questions leads to awareness.
- Awareness leads to our ability to make choices out of that understanding.

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*In our screen filled, fast paced society we often don't take the time to be mindful of ourselves.*

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**Practicing Mindfulness....**

- Takes being intentional & thoughtful.
- It goes against our culture.
- Requires slowing down & having margin in the schedule of your day.
- It is a must with parenting kids from hard places.

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**PRACTICAL WAY TO BRING MINDFULNESS INTO PARENTING**

**So Precious-Eye Contact**

- Does your child know how valuable & precious they are?

**What was that? Listening**

- What is your child's heart saying when they talk to you? What emotions are underneath their words?
- Striving for attunement - truly knowing and understanding what your child thinks and feels about something.
- Attunement allows us to learn and know our child's cues, be able to help them navigate their emotions & support them in being successful.



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**PRACTICAL WAY TO BRING MINDFULNESS INTO PARENTING**

**I Don't Agree But I Love You-**

- Choose to listen carefully to a child's viewpoint even when you may disagree with it.
- Be open, compassionate & curious as opposed to closed off.

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PRACTICAL WAY TO BRING  
MINDFULNESS INTO PARENTING

I Need A Time Out- *High Road vs. Low Road*

- Check in on your own feelings when in conflict with your child.
- Take a break if emotions are beginning to get in the way of thinking clearly (moving into the low road).
- Low road- triggers from past hurts/ stressors begin to impair your ability to think clearly and your mind shuts off, becoming inflexible, making it difficult to maintain emotional connection with your child. These emotions often lead to knee jerk reactions instead of thoughtful responses with our children.
- The result can be a rupture in relationship with your child. For children from a hard place this often sends them into a fear response.

Taken from Parenting from the Inside Out by Dan Siegel, MD

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PRACTICAL WAY TO BRING  
MINDFULNESS INTO PARENTING

- Recognizing our emotions and triggers from past hurt can help parents stay on the High Road.
- High Road- this includes the prefrontal cortex portion of our brain which allows us to think rationally, use mindfulness, be flexible in our responses and have self-awareness during interaction with others.
- It is very important for parents of children from hard places to work toward healing their own past wounds in order to facilitate healthy attachment.

Resource: *Parenting from the Inside Out*, Daniel Siegel MD & Mary Hartzell, M.Ed

Taken from Parenting from the Inside Out by Dan Siegel, MD

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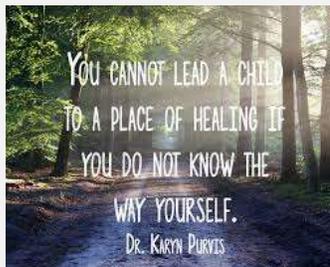
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