



mindful hub

well-being, right now.

Five Tools for Mindful Parenting

Wish you could be a calmer parent? Try these mindfulness tools

Control. Mindfulness offers us the ability to have more control of our emotions. Parenting is stressful, and parents can find themselves in a state of chronic stress in which strong emotions are easily triggered. We have all had experiences as parents where we wish we could rewind, and change our reaction. A daily practice of mindful breathing or mindful movement can help us stay in control of our reactions, and decrease those instances of losing self-control.

Confidence. As we accumulate instances where we react calmly to our kids, we build a sense of self-efficacy. Self-efficacy can be defined as the belief in our ability to complete a project, or see a thing through (like 18-plus years of parenting!). It is different than self-esteem, which may come and go with circumstances. Self-efficacy is an internal, enduring belief in our competence. Studies have shown that meditation practices can boost caregiver self-efficacy.

Compassion. It would be nice if we could have infinite stores of good-will and compassion for our family members. However the grind of daily life can deplete our stores of compassion, especially toward those that we are with on a daily basis. This is evident when we go through a rough patch with a spirited child, or a willful teenager. Mindfulness helps restore your compassion reserves. By taking time out to reset your nervous system and take care of your own body and mind, you will have an easier time having compassion for yourself and those around you even if they are going through a challenging phase.

Communication. Mindfulness meditation fosters attuned communication, the ability to see the other side of the story, and really listen and hear what the other person needs. If your teen is screaming at you for the car keys, maybe what he's really saying is, "I'm really afraid that if I miss this party my friends will forget about me." In this instance, mindfulness can lead to a more meaningful conversation instead of a shouting match.

Understanding. With better communication comes deep understanding. Imagine the feeling of your own parents deeply understanding you. Don't you want to give that to your children?

To get started with a mindfulness practice, or to find out more about mindful parenting, visit mindfulhub.com

We wish you twenty minutes of mindfulness every day!

mindfulhub.com • info@mindfulhub.com • facebook.com/mindfulhubub • twitter.com/mindfulhub