

HOKIE WELLNESS Parenting Series:

Mindful Parenting

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Five senses exercise

Agenda

- Introductions
 - Name
 - Age of your child(ren)
 - What brought you here today
- Explain concept of “mindful parenting”
- Briefly describe research showing benefits of mindful parenting
- Apply mindful parenting to your daily schedule

What is mindful parenting?

- Mindfulness = non-judgmental awareness of moment-to-moment experience (Kabat-Zinn, 2003)
- Video of Jon Kabat-Zinn from the Greater Good Science Center:

<https://www.youtube.com/watch?v=xoLQ3qkhowo>

Mindfulness = presence of heart

- Mindful parenting = using mindful awareness when parenting (Duncan et al., 2009)

Three foundations of mindful parenting

- Sovereignty
 - Holistic view of your child as a person
 - Your child is not defined by her behavior
- Acceptance
 - Not taking things personally
 - Recognizing that people and situations are always changing
- Empathy
 - Seeing your child's perspective from his developmental vantage point
 - Feeling *WITH* your child

Myla & Jon Kabat-Zinn (1997) *Everyday blessings: The inner work of mindful parenting*.
NY: Hyperion.

Five dimensions of mindful parenting

Dimension	Effective parenting behaviors promoted	Detrimental parenting behaviors decreased
Listening with full attention	Noticing & correctly identifying child's verbal & behavioral cues	Reduced reliance on expectations
Nonjudgmental acceptance of self & child	Healthy balance of goals, parenting self-efficacy, appreciation for child's traits	Fewer unrealistic expectations of self & child
Emotional awareness of self & child	Responsiveness to child's needs & emotions	Less dismissal of child's emotions, less reactive discipline
Self-regulation when parenting	Modeling effective regulation, parenting in line with values & goals	Less reactive discipline, less dependence on child's emotions
Compassion for self & child	More forgiving view of self, more warmth & affection with child	Less self-blame, less negativity in parent-child relationship

Duncan et al. (2009) A model of mindful parenting: Implications for parent-child relationships and prevention research. *Clinical Child & Family Psychology Review*, 12, 255-270.



Mini-mindfulness exercise

Benefits of mindful parenting

- Better responsiveness and lower reactivity to child's behavior
- Better awareness of child's needs
- Better monitoring of child's behavior
- Greater consistency in discipline
- More use of effective discipline practices
- Better parent-child communication
- Warmer, more positive, higher quality parent-child relationship

Applying mindful parenting to your daily schedule

- Video of Christine Carter from the Greater Good Science Center:
https://www.youtube.com/watch?v=XIryQI2m_oE
- Think through your daily schedule – what are some of the “trouble” spots?
- How could you apply mindful parenting to get through the trouble spots? Could you apply mindful parenting to head them off altogether?

Tips for using mindful parenting

- Remember that simply BEING with your child is actually doing something
- Predictable routines are your friend
- Rhythmic physical activity can promote mindfulness
- Make a physical reminder, such as a sticky note or refrigerator magnet with a phrase like “Stop, Be Calm, Be Present” or “Notice, Label, Accept, Breathe”
- Remember that mindful parenting doesn’t take the place of limit-setting or discipline – rather, by using mindful parenting, you can make more effective choices about whether & how to set limits



Intention setting