

mind- ful- ness

Mindfulness invites us to become the observer of moment-to-moment awareness of our thoughts, emotions, physical sensations, and surrounding environment with curiosity and kindness.

Reflection Questions for Parents

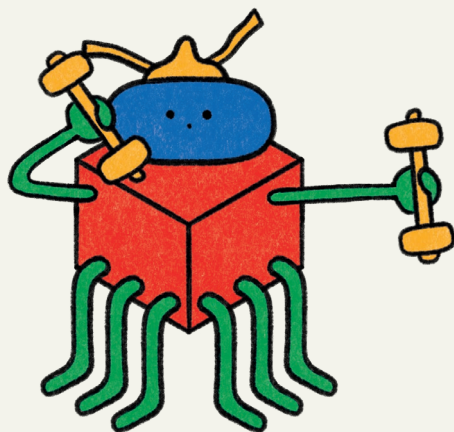
Reflect on the following statements¹ and consider how much you agree or disagree with the statements as well as opportunities for becoming more mindful.

- I am aware of what thoughts are passing through my mind.
- I notice changes inside my body, like my heart beating faster or my muscles getting tense.
- I am aware of thoughts that arise when my mood changes.



Why cultivate mindfulness?

Mindfulness can also help support parental resilience and well-being, which has downstream benefits for children. More mindful parents of preschoolers² have less parenting stress, depression, and anxiety. Parents who engage in more mindful parenting also share more positive emotions during difficult conversations with their adolescent³ children, and their children are less likely to use drugs or have anxiety, depression, or act out.⁴



Practices to Help Parents Foster Mindfulness

Mindful Breathing: A way to build resilience to stress, anxiety, and anger.



The impact of stress, anger, and anxiety extends beyond our health, affecting our ability to focus and make sound judgments. Mindfulness offers a solution by fostering attentive awareness of our thoughts, emotions, and sensations in the present moment, free from judgment.

Read More About Cultivating Mindfulness in Greater Good



Can Living in the Moment Make You a Better Parent?

According to research, mindfulness may lead to a happier, healthier parenting experience.

Why support children and teens in cultivating mindfulness?

Children of all ages can benefit from mindfulness practices.

More mindful elementary school-aged children were less negatively affected by the COVID-19 pandemic.⁵

More mindful adolescents have a higher pain tolerance⁶ and are less likely to struggle with internet “addiction.”⁷

More mindful college students are better able to bounce back from academic challenges.⁸

Practices to Help Children and Teens Foster Mindfulness

Raisin Mindfulness: Cultivating mindfulness, easing stress, and savoring simple joys.



Being more attuned to the sensations of eating can heighten children’s enjoyment of their meals and foster more profound gratitude for the chance to satisfy their hunger. Mindfulness activities offer children a means to recognize and relish the simple joys of everyday life.

Walking Meditation: Turn an everyday action into a mindfulness and stress reduction tool.



Through heightened awareness of mental and physical states, walking meditation—similar to mindfulness overall—can empower us with greater control over our thoughts, emotions, and behaviors, enabling us to respond more constructively to negative thoughts or feelings.

