

5 Steps to Mindful Parenting



Listening with Full Attention

Removing distractions and tuning into our child helps us understand what our child is thinking and feeling.

Nonjudgmental Acceptance

Be mindful of expectations you have for yourself and your child. Observe the moment without value judgements.



Emotional Awareness

Notice your own emotions as well as your child's. Sometimes our response to our child is purely emotional, resulting in harsher discipline.



Self-Regulation

When we are able to control how we express our emotions we are also more able to make a conscious choice in our parenting actions.



Compassion for Self and Child

When we are forgiving and understanding of ourselves and our children, we are then able to engage in more positive interactions.

Harmony in Parenting



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