Mindful Parenting Three: How to Practice Meditation & Mindfulness with your children

Becoming a Mindful Parent

How to Parent Mindfully

Teaching your kids to be mindful

Meditation with Young Children

Mindfulness with Young Children

Meditation with Teens

Mindfulness with Teens
Present moment awareness
Diagram of a brain with speech bubbles indicating:
- Working Memory
- Self-Talk
- Emotional Regulation
- Organizing
Children get an average of 4.5 hrs of screen time per day by the age of 5. Increases distractibility and anxiety. Negatively affects cognitive development. Replaces healthier activities such as exploratory play or verbal communication.
Unstructured, child-centered play time has decreased by 90% since the 1970’s

Play is how children learn from a young age

Child-centered play is where children naturally develop skills of self-regulation, conflict resolution, impulse control, executive function
Children are unemployed in the home

Days are filled with homework, sports & extracurriculars

With little emphasis on family or community

Deprives kids of a chance to build skills and contribute to the family
Self-regulation

Impulses
Moods
Thoughts
Behaviors
Exposure to electronics
Stress
Busyness of daily life
Child-centered playtime
Imaginative play
Boredom/Curiosity
adolescents globally are experiencing clinically elevated depression symptoms

Meta analysis by JAMA Pediatrics, a monthly peer-reviewed medical journal published by the American Medical Association

1 in 4

are experiencing clinically elevated anxiety symptoms
Meditation: is the training ground where we familiarize ourselves with the here and now for a limited period of time in order to cultivate…
Mindfulness, the quality of being present that we carry throughout the day.
What skills are you hoping to develop in your child?

Practice Together

Practice at a consistent time of day, ideally morning or evening (*must be when the child is calm)

Let the child lead if they feel comfortable

Follow their lead

Discuss how they feel before & after

Brainstorm times in their day they can use these skills, and how they will benefit

**Create a place in the home where they can practice**
Questions?
Thoughts?
Comments?