Calma
Calm & Loving Minds Achieve

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

Becoming a Mindful Parent

How to Parent Mindfully

Teaching your kids to be mindful

Meditation with Teens

Why

The benefits of meditation

How to practice
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.
Stressed, anxious, depressed, distracted
adolescents globally are experiencing clinically elevated depression symptoms

1 in 4

are experiencing clinically elevated anxiety symptoms

1 in 5

Meta analysis by JAMA Pediatrics, a monthly peer-reviewed medical journal published by the American Medical Association
What benefits are you hoping to see from meditation?

Loving-Kindness Meditation
  Gratitude/Compassion

Body Scan or Progressive Relaxation

Mindfulness Meditation

Breath Awareness Meditation

Centering Prayer

Kundalini yoga

Zen meditation

Transcendental Meditation
Pick a certain amount of time beforehand

Try to do it first thing in the morning, or at the same time daily

Minimize Noise

Try to set an intention
Make it relatable

Discuss how they feel before & after

Brainstorm times in their day they can use these skills, and how they will benefit
What does that mean for me now?

Should I talk to her about it?

What should I do?

Nah, last time I tried that I was humiliated

I can't believe she posted that on Instagram

I can't worry about this I have so much homework

Oh, yeah I should be breathing

But I have so much homework!

Nah, last time I tried that I was humiliated
Breath  Breath  Breath

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Questions?
Thoughts?
Comments?