



## Wellness Center at Fiorello H. LaGuardia, Room 323

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### Mindful Parenting

Contribution by Stephanie Forero and Samantha Schreer

**Mindful Parenting** is about being more aware of *what* we are saying, *how* we are saying it and *what effect* we are having on our children. Managing our own emotions and behaviors is essential in teaching our children how to manage theirs. We need to regulate ourselves in order to model regulation for our children. For example, if a child spills something on the counter, a parent might become annoyed or angry right away and react by yelling at the child. Instead, it might be more helpful for the parent to acknowledge their feelings, remind themselves that accidents happen and remove themselves from the room for a few minutes to calm down. When children or adolescents behave in ways that can create stress for parents, it becomes more difficult for parents to give acceptance and love. Yet, these are the moments that teens may need it most and where mindful parenting can play a crucial role in supporting your teen; showing love and acceptance during the challenging times can help children and adolescents grow into more balanced individuals with more self-acceptance. Mindful parenting can lead children to have better coping skills to manage life's challenges and difficulties.

For more resources on Mindful Parenting:

*The Mindful Child*, S. Kaiser Greenland

*The Opposite of Worry*, L. J. Cohen

*Parenting From the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*, Dan Siegel and Mary Hartzell

*Raising an Emotionally Intelligent Child*, J. Gottman

For more information about the Wellness Center:

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