

# Mindful Moment: Mindful Parenting

Take a little time to reflect on some memories. Focus on one of your children. Think about positive moments and events from his or her life. Then fill out the chart below in order from #1 to #4.

1. Good things about my child
2. Good things about myself

3. Challenges I have had with  
my child

4. What I have learned to help  
with those challenges