

Mindfulness

” Parenting can be stressful and too much stress can be harmful to you and your children. ”



Mindfulness is...

paying attention

fully

in the present moment

on purpose.



Mindfulness can help you:

- calm your strong feelings by moving through them.
- manage stress.
- stay present--in relationships and in life.
- be at your best with your children.



Mindfulness can help your children:

- soothe themselves when they are upset.
- pay attention for longer.
- focus on what is important.

