Mindful Families:
Calm and Confident Parenting in Stressful Times
with Andra Brill, Ph.D

We will begin at 4:30
please enjoy the music until then

Welcome & Agenda
1. Introductions
2. Mindfulness
3. 4 Tips for Mindful Parenting
4. Connection
5. Q&A Closure

In the chat box
How are you right now?

Reflection
What do you need to let go of to be present for this workshop?
Outcomes

1. Understand what mindfulness is and learn how it can benefit you as a parent or caregiver
2. Learn five mindfulness practices you can use with yourself and your children/teens right away
3. Learn how to be intentional about what your mind is focusing on

Pause Practice

Reflection on Pause Practice

- What did you notice in the practice - what thoughts, emotions, sensations?
- Focus on a narrative description rather than evaluation or judgment.

Definition of Mindfulness

Paying Attention (from Jon Kabat-Zinn)

- on purpose
- in the present moment
- without judgment
- with kindness, gentleness, and a sense of humor
Pause Practice

4 Tips 4 Mindful Parenting
1. SLOW DOWN
2. BE GENTLE
3. LET GO
4. BE KIND

Break out groups
How might you apply mindfulness to your parenting right now?

Your Questions
1. What mindfulness practices can I do with my kids?
2. How do I best support my teen?
3. What ways can mindfulness help me with my child who has ADHD or other special needs?
4. How do I yell less? Get my kids to pay attention better?
5. Other questions: Please get in touch with me
**Helpful Links**

- TEENS  [http://www.happymindfulfamilies.com/blog/resources-for-teens](http://www.happymindfulfamilies.com/blog/resources-for-teens)
- YELL LESS  [http://www.happymindfulfamilies.com/blog](http://www.happymindfulfamilies.com/blog)
- GET IN TOUCH  [https://calendly.com/andra-brill/20-minute-meeting](https://calendly.com/andra-brill/20-minute-meeting)
- MINDFULNESS ONE PAGER

---

**Today’s Practices**

1. Disconnect from your phone
2. Settle yourself
3. Check in with yourself
   - How am I feeling right now?
   - What do I need to let go of to be present?
4. Pause Practice
5. Five Senses Practice

---

**4 Tips 4 Mindful Parenting**

1. SLOW DOWN
2. BE GENTLE
3. LET GO
4. BE KIND

---

**Reflection**

How are you now?

What are you taking away from this session?
Thank you for participating
PassageWorks Institute

Mindful Parenting Solutions

ANDRA BRILL, PH.D