

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 can it 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>

YELL LESS <http://www.happymindfulfamilies.com/blog>

GET IN TOUCH <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 are 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



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