

RACHEL HENES CONSULTING

Building Mindful Parenting Skills

Becoming Aware

The first step in growing your mindful parenting skills is noticing your stress responses. In the table below, write down a stressful situation that came up with your child. Then reflect on what came up for you in each of the different columns.

What was the situation?	What body sensations did you notice?	What emotions did you feel?	What thoughts came up for you?	What did you feel like doing?
<i>My child wouldn't brush their teeth.</i>	<i>Changes in breathing, tensing up, heart racing</i>	<i>Frustrated, anxious, hopeless</i>	<i>"Why can't my child ever just listen to me?"</i>	<i>Yelling and crying</i>

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Shifting Perspective

Choose a thought from each example and reflect on where the story or expectation behind it came from. Then try out another perspective that might help to lower the temperature and bring in more neurodiversity-affirming and mindful approaches. See the example below and then try out your own.

Example:

- **Activated thought:**
 - “Why can’t my child just get ready for school like other kids their age? !”
- **What societal expectations might be behind this thought?**
 - “Normal” kids can get ready for school by themselves by a certain age.
 - “Good” parents help their children to become independent by X age.
- **Mindful thought:**
 - “My child needs extra support with transitions and routines in the morning. Every child develops these skills at their own pace”

Practice:

- **Activated thought:**
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- **What societal expectations might be behind this thought?**
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- **Mindful thought:**
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