

Bear Wellness

“Children must never work for our love, they must rest in it.”

Mindful Parenting Tips:

1. *Listen to your child with your full attention*
2. *Accept your child without judgment*
3. *Imagine your child's feelings and match your response*
4. *Manage your own feelings.*
5. *Show Compassion*

5 Ways of Mindful parenting

1. Make space for just being, every day

Mindful parenting depends on being more, present, so establishing a daily mindfulness practice is considered key. Simply sit for 5-30 minutes every day, at the same time and place, bringing awareness to the breath and body.

2. Mindfully manage your stress.

As the mind/body connection becomes strengthen through mindfulness practice, it becomes possible to actively track and notice stress or imbalance. Use the STOP method; S-top, T- take a breath, O- Observe, P-proceed.

3. Embrace the model of the “good enough” parent

Mindful parenting embraces the reality and wisdom of the “good enough” parent, acknowledging that regardless of your best intentions, moments of imperfection and failure are unavoidable.

4. Honor your children's sovereignty

Honoring your children's sovereignty is not about giving them unbridled freedom or too many choices. It is about bringing more awareness to our your own unmet need, agendas, issues and unfinished business. Otherwise, it'll be projected onto your kids.

5. Cultivate kindness and compassion

An act of self preservation, we must actively cultivate kindness and compassion in the moment, often engaging in self love and positive words.

