

# **10 Ways to be a Mindful Parent**

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**What is Mindful Parenting?** Mindful parenting is the process of being totally present and in the moment with your child. It is being able to see and accept your child for who they are even if their behavior is making it hard to like them right now. It is giving them your undivided attention. It is putting away the phone when you are with them so you won't be distracted by it.

**Why do we need to be Mindful in our parenting?** Have you ever experienced your child coming to you bursting to tell you about something that happened, while you were busy trying to get something done around the house? Then your child asked you a question and you both realized you didn't hear anything they just said? (This happens with spouses as well.) When this happens you are not being a mindful parent. Your child may feel alone, betrayed, invalidated, unimportant, and invisible.

**Consider a more mindful scenario.** In this case your child came to you and you stopped what you were doing and you gave your child your complete attention. You made eye contact with them. You listened to everything they said. You didn't judge, criticize, or advise. You just listened and let them know you were listening. Your child felt heard, important, valuable, accepted, validated.

**Having a mindful parent is good for your child.**

Your child will benefit greatly from your mindful, undivided attention. A mindful parent will prepare them for a more successful adulthood. They will feel more secure, have more self-confidence, and like themselves more. And they will learn to be mindful from you and do it in their own relationships.



**Being a mindful parent is good for you.** When you are more mindful in your parenting you will enjoy parenting much more. You will notice the beauty and wonder of your child as they grow and develop their personality. You will be more present to the feelings of the moment. You will experience a much deeper relationship with your child. You will feel less distracted and overwhelmed. You will feel less overwhelmed and more peaceful.

## Ten ways to be a mindful parent:

**1) Stop what you are doing and be totally present with your child.** Listen to them. Look them in the eye. Smile at them. Give them your undivided attention. Let them know you think they are terrific. Show them your unconditional love and acceptance. Tune in to what you are feeling.

**2) Ask 'What does my child need from me right now?'** At each stage of your child's life and in every moment to moment situation it is important to understand what they need from you. Ask yourself: What are the life lessons my child needs to learn? How can I best support my child's growth, self-confidence, and ability to have healthy relationships? Now, in this moment?

**3) Try to see the world from your child's point of view.** Remember how you felt when you were their age. What stressors do they have that you never had to deal with? How would you feel to be them?

**4) Learn to accept your child exactly the way they are.** Love them unconditionally. Let them know you love them no matter what. Look past their difficult behavior to the beautiful being underneath. They are already perfect.

**5) Understand what your child is feeling.** Validate their feelings.

**6) Avoid the trap of constantly telling your child what to do or how to do it.** Let them learn by doing. Children usually feel criticized and not good enough when even the best intentioned parent tells them to do it a different way.

**7) When correction is required, do it out of love and awareness of what your child needs from you right now.** Be clear, firm, and kind. What are they having a hard time with?

**8) Practice mindfulness regularly.** Allow yourself to be still. Be silent. Listen to the meditations on [Mindfulness Toolkit CD/mp3](#) to help you practice being present.

**9) Take care of yourself so you can be in the best condition to be a mindful parent.** Take a break from parenting periodically even if only to take a walk or a warm bath. Recharge your own batteries so you can be more mindful with your children.

**10) Teach and practice mindfulness with your kids.** Listen to the children's meditations with your child on [Mindfulness Toolkit for Kids mp3](#). Play card games using the [Mindfulness Skills for Kids Card Deck and Card Games](#) to have fun while you practice mindfulness skills with your kids. Practice the dozens of mindfulness skills found in [Mindfulness Skills for Kids and Teens Workbook](#) with your kids. Have fun!