

Mindful Parenting Checklist

Mindful parenting, in its simplest terms, is about an awareness of your needs and your child's needs in the present moment and staying focused on that. Simple yet powerful.

CHECKLIST

- ☐ Establish a daily mindfulness practice for you and your kids such as sitting in [simple meditation](#) for 5-30 minutes every day. Bring awareness to your breathing and sustaining it over time.
- ☐ Bring more awareness to your mind and body in key moments. (This is more easily done when you have a mindfulness routine such as mentioned above because you get better at this with practice.)
- ☐ Mindfully manage stress. Just taking a slow, deep, intentional breath can allow you to pause and refocus your attention on the present.
- ☐ Be mindful of what's unfolding in your life and your children's lives. Honor your needs and their needs as best you can rather than getting mindlessly caught up in reactions to surface behaviors.
- ☐ See your children as they are, not as who you want them to be and meet your child with more acceptance.
- ☐ Cultivate kindness and compassion in the moment for yourself and for your child.
- ☐ Be in the present with open-hearted, non-judgmental attention.
- ☐ Be less attached to outcomes.
- ☐ When a conflict or stressful situation occurs with your child, pause and take a breath. Ask yourself, "Am I just reacting here or am I responding with purpose?"
- ☐ Mindful parenting should include listening carefully to a child's viewpoint even when disagreeing with it.
- ☐ Be present in the moment.