

# Mindful Parenting Resources

Parents have a lot on their plate, especially if they're caring for additional family members, pets, and work in the school system.

Practicing mindfulness can help you be in the moment (present), which is helpful to all your relationships. Science has shown that focusing on one thing at a time not only makes us less efficient, it also makes us happier!

**Remember:** “In the end, just three things matter: How well we have lived, how well we have loved, how well we have learned to let go.”

– Jack Kornfield



## Resource List

[https://www.huffingtonpost.com/lisa-kring/the-5-main-tenets-of-mindful-parenting\\_b\\_4086080.html](https://www.huffingtonpost.com/lisa-kring/the-5-main-tenets-of-mindful-parenting_b_4086080.html)

- The 5 Main Tenets of Mindful Parenting

[https://www.huffingtonpost.com/jon-kabat-zinn-phd/what-is-mindful-parenting\\_b\\_5945356.html](https://www.huffingtonpost.com/jon-kabat-zinn-phd/what-is-mindful-parenting_b_5945356.html)

– What Is Mindful Parenting?

<https://www.mindful.org/mindful-parenting-may-keep-kids-trouble/> – How Mindful Parenting Differs From Just Being Mindful

<https://www.mindful.org/mindfulness-children-and-parenting/> - Mindfulness, Children, and Parenting

<https://www.mindful.org/8-mindful-practices-for-parents/> - 8 Mindful Practices for Parents

<https://www.mindful.org/kindness-practice-families-christopher-willard/> - Kindness Practice for Families

### Resource List Continued

[https://greatergood.berkeley.edu/article/item/can\\_living\\_in\\_the\\_moment\\_make\\_you\\_a\\_better\\_parent](https://greatergood.berkeley.edu/article/item/can_living_in_the_moment_make_you_a_better_parent)

- Can Living in the Moment Make You a Better Parent?

[https://greatergood.berkeley.edu/article/item/self\\_compassion\\_parents\\_happier\\_teens](https://greatergood.berkeley.edu/article/item/self_compassion_parents_happier_teens)

– Self-Compassionate Parents, Happier Teens

[https://greatergood.berkeley.edu/article/item/four\\_reasons\\_to\\_practice\\_mindfulness\\_during\\_pregnancy](https://greatergood.berkeley.edu/article/item/four_reasons_to_practice_mindfulness_during_pregnancy)

[cy](#) - 4 Reasons to Practice Mindfulness During Pregnancy

[https://greatergood.berkeley.edu/article/item/can\\_mindfulness\\_help\\_parents\\_and\\_preteens\\_have\\_better\\_relationships](https://greatergood.berkeley.edu/article/item/can_mindfulness_help_parents_and_preteens_have_better_relationships) - Can Mindfulness Help Parents and Preteens Have Better Relationships?

[https://greatergood.berkeley.edu/article/item/can\\_mindfulness\\_help\\_you\\_disconnect\\_from\\_work](https://greatergood.berkeley.edu/article/item/can_mindfulness_help_you_disconnect_from_work)#

- Can Mindfulness Help You Disconnect from Work?