

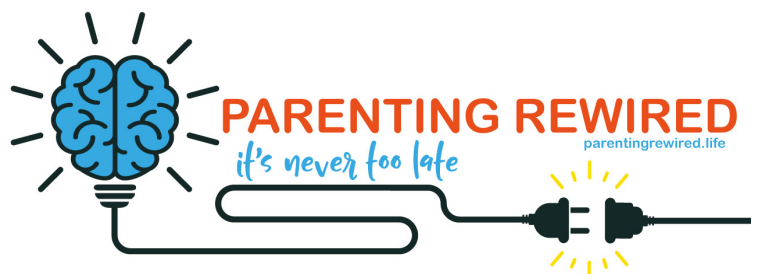
Course Outline

Session 1:

- What is mindfulness and why is it so important as a parent & individual?
- When should I start practicing mindfulness?
- What old “stories” keep us from learning and practicing mindful parenting?
- What does “Mindless” parenting look like?
- What is happening in our kids’ and in our brains?
- Social referencing and mirror neurons
- Meditation for kids and parents

Session 2:

- Tapping into and maintaining our calm
- What triggers you? What are the triggers for your kids? What to do when triggered?
- Dealing with trauma (past and present)
- Mindfully naming, acknowledging, and dealing with feelings/emotions
- At what point do we guide our children to move on, even with the feelings
- How do we stay in the most mindful state?
- Allowing kids to “be themselves” and what we’re saying if we don’t
- Tools and strategies to practice



Session 3:

- Bringing it Home - Mindful Parenting as a Lifestyle; and Extended Q&A
- Identifying our trouble spots and making a plan for them?
- How do we organize our lives to meet or address the issues we are having?
- Visual schedules
- Social Stories
- Prepare to receive your Academy Award - we are all actors
- Preparing for the conflicts that interrupt our lives
- How long do I continue to only rely on mindful parenting?
- When to reach for outside help?
- How to be aware if we are truly doing our part to be mindful?
- How to get on the same page as our caregiving partners, and what to do if we are not?

In every session, tools and strategies to practice will be given and resources will be shared.