Mindfulness is bringing one’s complete attention to the present moment.

- Be fully “in the moment.” Demonstrate that your child’s thoughts and feelings are important by looking in his or her eyes and paying attention when your child speaks. Attentive, active listening builds attunement, helps a child feel important, develops felt safety, and models positive social skills.
- Maintain a calm presence: By remaining calm and in control of yourself, you’ll be best able to think clearly, co-regulate your child more successfully, and be more targeted in your teaching/correcting.
- Teach proactively: Watch your child closely and “catch” him/her in a moment of success; learning is more effective when in the presence of praise and reinforcement, rather than punishment. During times of correction, you can also refer back to past successes and the child will be more likely to remember those past successes if you have praised them.
- Know your own triggers: Explore your own attachment style and history of relationships, in order to more fully understand your triggers and expectations. Be able to recognize when your attachment style, triggers or expectations are contributing to a conflict with your child, and know how to self-regulate when that happens. Demonstrate mindfulness by admitting when you become dysregulated, and show your child how you regulate yourself. Teach by example!

"Don't ask your kids to be anymore perfect than you are as a parent!”
-- Dr. Karyn Purvis