

Mindful Parenting

by Suzanne Tucker PT, CEIM, Parent Educator and Founder of Generation Mindful

When limiting, correcting or re-directing a child it helps to first pause. These questions will help you parent from your center, responding instead of reacting to your child(ren). Pause and ask yourself:

1. Is this important and is this the time? Do I need a minute to breathe?
2. How can I help my child feel powerful even as I lead and guide them?
3. Can I connect with my child before I correct him/her?
4. Can I involve my child in the solution, asking for their input and helping them feel “team” about the present issue/conflict?
5. Am I interacting out of anger, worry, fear or LOVE?
6. Am I clear? Are my actions and words in agreement?
7. Am I consistent in my words/actions? (ritual/predictable = safe)
8. Can I inject empathy, lightness and/or play into this moment/solution?
9. Can I think of a new ritual for this conflict if it’s repeating?
10. Can I use “creative” words/actions, asking for what I WANT instead of the things I’m not wanting?
11. Am I teaching a new way? Am I modeling this, leading by example?
12. Is my cup full? Am I making time for self-care a priority these days?

