



LESSON 3

PARENT RESOURCE GUIDE

COMMUNICATION & MINDFULNESS

REVIEW & FIRST STEPS

TOOLS FOR SUCCESS & PROGRESS CHECKS

SUPPLEMENTAL MATERIALS LIST



HOLISTIC
POSITIVE
PARENTING

LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

Clear Communication

Learning Objectives:

- Use clear and direct communication and reflective listening to improve parent-child interaction.
- Use attunement to improve both your child's and your ability to regulate emotions.

First Steps:

1. Parent(s) complete the Communication Checklist and review materials on communication.
2. Work with your children to complete the Communication Checklist. Discuss & teach skills.
3. Review materials on reflective listening and monitor your use as well as help your children develop the skill.
4. Review materials on providing clear directions to children or the communicating with teens.
5. Review Reflections on the Mindful Brain & Building Resilience in Young Children. Discuss with coparent(s).

Handling Conflicts

Learning Objectives:

- Use and teach problem-solving skills to improve conflict resolution.
- Provide effective structure while teaching and encouraging self-control through the appropriate use of positive and negative consequences.

First Steps:

1. Look for opportunities to “catch children being good” & provide praise.
2. Periodically review house rules at family meetings. Use & teach problem solving skills as needed.
3. Use Ignoring and Praise to encourage appropriate behavior. Suggest “time to chill” when appropriate.
4. Look for “teaching moments”, use problem solving, encourage impulse control & emotional regulation.
5. When necessary, use appropriate consequences and use tools to provide structure.



LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

Mindfulness for the Whole Family

Learning Objective:

- Practice mindfulness techniques as a family and individually to reduce stress and increase productivity and enjoy life.

First Steps:

1. Review the Mindful Parenting and My Mindfulness Workbook and also Mindfulness & The Brain (Web Article)
2. Bring up mindfulness at a family meeting and get buy-in. Try a few simple exercises together.
3. Watch the mindfulness videos at a family meeting or individually with your children.
4. Encourage daily practice and point out when using mindfulness can improve relationships.
5. Strongly consider getting 10 Mindful Minutes and reading & discussing with each child during special time.



TOOLS FOR SUCCESS DIRECTIONS FOR USE

Problem Thinking Tools for Kids

The tool provides instructions for children on how to think more positively. Parents can use this tool to help children learn to handle negative thoughts by flipping them into positive thoughts. Parents, kids, and teens can use the section on gratitude to develop the habit of noting three things they are grateful for each day.

HOME

This is a suggestion for coming up with a family pact on how you want to support and enjoy each other. It could be discussed and reviewed at your regular family meetings. You can certainly use this as a model and come up with your own. The affirmations might be written on a card for review by family members when they want to improve the way they relate to others or how they want to develop their own success in life.

I Can Pledge

This is a suggestion for a pledge that all family members can make individually and to the whole family. It helps with motivation.

I Can Affirmations

Encourage your child to select one of these affirmations or come up with one on their own, write down somewhere as a reminder and repeat it several times either silently or aloud several times per day. Encourage them to imagine behaving according to the affirmation.

Tools for Responding Appropriately to Behavior

Using Planned Ignoring and Attending provides simple directions on how to acknowledge and praise appropriate behavior and how to ignore inappropriate behavior. Example of Behaviors Worthy of Praise and Words of Praise and Encouragement serve as reminders of things parents should be "on the lookout for" to praise along with variety of statements of praise parents use to acknowledge appropriate behavior.

Children Can Use Problem Solving

This newsletter provided by Child Care Plus of Montana provides easy to follow steps on how to help children develop problem solving skills. The Brainstorm worksheet is an excellent tool to use at first when mutually problem solving with your children and hopefully later your child will be able to use it on their own. (Developed for teachers but can also be used at home).



TOOLS FOR SUCCESS

DIRECTIONS FOR USE

Family Problem Solving Contract

This is a tool to help resolve problems between family members. It will usually apply for parent/child issues, but it could be used for parent/parent issues as well.

When you become aware of a repeated issue (such as not putting things away, sibling rivalry, not coming home on time, not sharing, etc.), you should wait for a time when everyone involved is calm and free to talk.

Open the session using an "I message" and stating your concerns (describing the behavior and why it is a problem for you).

Ask your child to share their point of view and invite them to share in a brainstorming session using the tools above to find a solution that would be okay with all.

- Decide on a solution to try and then write out the contract.
- Agree on a reward for meeting the terms of the contract. See the Reward Ideas and Teens below for some suggestions.
- Agree on a time to review progress and revise the plan if necessary or celebrate a solved problem and provide any agreed upon reward.

Things I Can Do When I Am Bored

If the problem is frequent or chronic boredom, "I'm bored there is nothing for me to do" the Things I Can Do When I Am Bored tool has proven to be very useful.

- Meet with your child and come up with activities for each of the categories.
- Post the list in their room. Then when your child comes to you complaining of boredom, ask them to go into their room and pick something off the list and do it.
- You can also say that if you can go the whole week without exhibiting the "I'm Bored" behavior they can earn a privilege on the weekend.

Click on this link to [DOWNLOAD TOOLS FOR SUCCESS](#) for this lesson





PROGRESS CHECK LIST



Steps & Notes	Date Started	Date Completed
Parent(s) complete the Communication Checklist and review materials on communication. Work with your children to complete the Communication Checklist. Discuss & teach skills. NOTES:		
Review materials on reflective listening and monitor your use as well as help your children develop the skill. Review materials on providing clear directions to children or the Communicating with teens. Review Reflections on the Mindful Brain & Building Resilience in Young Children. Discuss with coparent(s). NOTES:		
Look for opportunities to “catch children being good” & provide praise.		
Periodically review house rules at family meetings. Use & teach problem solving skills as needed.		
Use Ignoring and Praise to encourage appropriate behavior. Suggest “time to chill” when appropriate. NOTES:		
Look for “teaching moments”, use problem solving, encourage impulse control & emotional regulation. When necessary, use appropriate consequences and use tools to provide structure. NOTES:		
Review the Mindful Parenting and My Mindfulness Workbook also Mindfulness & The Brain (Web Article)		
Bring up mindfulness at a family meeting and get buy-in. Try a few simple exercises together. Watch the mindfulness videos at a family meeting or individually with your children. NOTES:		
Encourage daily practice and point out when using mindfulness can improve relationships.		
Strongly consider getting 10 Mindful Minutes and reading & discussing with each child during special time.		

SUPPLEMENTAL MATERIALS

Free Downloadable Documents (PDF)

Reflective Listening

Provides in-depth training to help parents further develop their reflective listening skills.

Resolving Family Conflicts

Provides a quick review of the essential skills and steps to handle conflicts in the home.

Managing Parent-Teen Conflicts

Guides parents through practical steps to take to resolve conflicts with teens.

Communicating With Your Teen

Practical recommendations for improving parent/teen communication from NDSU Extension.

Reflections on The Mindful Brain

by Daniel J. Siegel, M.D. Dr Siegel provides information and suggestions for parents on mindfulness and attunement in their relationships with children and adolescents.

Building Resilience in Young Children: Booklet for parents of children from birth to six years.

This resource helps you boost your child's ability to bounce back from life's challenges and thrive. The ideas and resources are based on research and have been tested by parents. The stories were provided parents of young children. These parents hope that their experiences will help you and for family get through life's ups and downs. (Published by the Best Start Program in Toronto, Canada)

A Parent's Resource Guide to Social and Emotional Learning

A curated list of articles and videos for parents about fostering skills like kindness, empathy, resilience, perseverance, and focus in children. (edutopia.org)

Mindfulness for Parents

Provides tips on how parents can use mindfulness techniques to ease the stress related to parenting. (Zero to Three)

My Mindfulness Workbook

Provides guidance for parents on how to teach mindfulness to young children and includes some easy to learn breathing exercises and fun coloring pages.

SUPPLEMENTAL MATERIALS

Internet Articles

[100+ Positive Parenting Tips, Skills and Techniques](#) Provides many articles, worksheets, and other tools to help you adapt Positive Parenting to your own child or teen. (Positive Psychology)

[Positive Parenting Tips](#) As a parent you give your children a good start in life—you nurture, protect, and guide them. Parenting is a process that prepares your child for independence. As your child grows and develops, there are many things you can do to help your child. These links will help you learn more about your child's development, positive parenting, safety, and health at each stage of your child's life. (Centers for Disease Control and Prevention)

[Mindfulness and the Brain - How to Explain It to Children](#) Great resource for parents to help children understand how mindfulness can reprogram the brain and how and when to use mindfulness to cope with difficult situations as well as how to just relax. (Blissful Kids)

[Mindfulness for Children](#) Explains how mindfulness can be learned and used at different stages of development. (New York Times)

[12 Simple Ways to Teach Mindfulness to Kids](#)

It's easy and fun to infuse your family's life with mindfulness—here's how. (Psychology Today)

[Mindful Parenting](#)

Use mindfulness techniques to take stress and anxiety out of raising kids. (Child Mind Institute)

[18 Mindfulness Games, Worksheets and Activities for Kids](#)

Provides research-based information on mindfulness related children, teens, and adults. Contains many articles, exercises, and games. Easy to understand and use. (Positive Psychology)

[Positive Parenting Tips](#)

As a parent you give your children a good start in life—you nurture, protect, and guide them. Parenting is a process that prepares your child for independence. As your child grows and develops, there are many things you can do to help your child. These links will help you learn more about your child's development, positive parenting, safety, and health at each stage of your child's life. (Centers for Disease Control and Prevention)



SUPPLEMENTAL MATERIALS

Videos

Parenting Videos:

Here you'll find videos of the positive parenting skills for toddlers and preschoolers. (Centers for Disease Control and Prevention)

Attunement

Child Psychiatrist, Daniel Siegel, MD is the author of several parenting books including "The Whole-Brain Child". Explains Attunement at a conference on mindfulness.

Conflict Resolution for Kids

Tim and Moby will tell you all about them! First, you'll find out why it's a good idea to take a deep breath and collect yourself before you respond to a situation you're not thrilled about. You'll discover different ways to compromise, and how placing yourself in another person's shoes can change a potential screaming match into a friendly discussion. (Brain POP)

Effective Conflict Resolution Techniques

Conflict is part of life - whether it's at home, at school, at work or with friends. Having a difference of opinion with someone is certainly no fun. After all, nobody holds a point of view they think is wrong! Resolving issues with others doesn't need to be all that difficult! So, the next time you are having a disagreement - instead of getting defensive, blaming others, or throwing tantrums - try some of these techniques. [Brainy Dose]

4 Strategies for Mindful Parenting

Tips to keep your sanity and enjoy your time as a (mindful) parent.

Mindfulness for Kids and Parents

(YouTube video playlist from Child Development Institute)

Books and Apps

The Whole-Brain Child Great book for parents covers the parent-child relationship including communication and handling conflicts. Fully based on the latest neuroscience related to child development including executive functions. Provides effective and easy to implement approaches to handling all types of parenting issues for children. Also, promotes the role of parents in helping children to develop the cognitive, social and emotional skills which promote age-appropriate skills that leads to appropriate behavior, socialization, self-esteem, self-reliance and resilience.

SUPPLEMENTAL MATERIALS

Books and Apps Continued

[The Whole-Brain Child Workbook](#) Great companion to the book. It provides practical exercises, worksheets, and activities to nurture healthy development and implement parenting strategies

[10 Mindful Minutes: Giving Our Children--and Ourselves--the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happy Lives](#) Practical, timely, relevant, and inspiring, 10 Mindful Minutes is Goldie Hawn's gift to parents who want to help their children learn better and live happier lives. Inspired by the revolutionary Mind UP program (developed under the auspices of the Hawn Foundation), the book offers easy-to-grasp insights from current behavioral, psychological, and neurological studies to show how our thoughts, emotions, and actions—including our ability to focus, manage stress, and learn—are all exquisitely interconnected.

[Building Resilience in Children and Teens, 4th Edition](#) Help prepare the children and teens in your life to face life's challenges with grace and grit. In this award-winning guide author and pediatrician Dr. Ken Ginsburg shares his 7 crucial Cs: competence, confidence, connection, character, contribution, coping, and control. You'll discover how to incorporate these concepts into your parenting style and communication strategies.

[Ultimate Mindfulness Activity Book: 150 Playful Mindfulness Activities for Kids and Teens \(and Grown-Ups too!\)](#) Kick-start and sustain a fun mindfulness practice with kids and teens. Give kids lasting life skills to de-stress and calm down, navigate difficult emotions, control impulses, focus on what matters, and nurture empathy, kindness, and joy.

[The Learning Habit: A Groundbreaking Approach to Homework and Parenting that Helps Our Children Succeed in School and Life](#) This important and parent-friendly book presents new solutions based on the largest study of family routines ever conducted. The Learning Habit offers a blueprint for navigating the maze of homework, media use, and the everyday stress that families with school-age children face; turning those "stress times" into opportunities to develop the eight critical skills kids will need to succeed in college and in the highly competitive job market of tomorrow – skills including concentration and focus, time management, decision-making, goal setting, and self-reliance. Along with hands-on advice and compelling real-life case studies, the book includes 21 fun family challenges for parents and kids, bringing together the latest research with simple everyday solutions to help kids thrive, academically and beyond.

[Meditation for Kids](#) Information on Headspace for Kids along with links to blog articles on mindfulness and meditation.

[Calm](#) This app provides meditation and sleep. It has programs for both adults and children.