

5 Mindfulness Techniques to Teach Families of Young Children



Use these tips to help parents focus on moment-to-moment awareness within the caregiver–child relationship.



Listening with full attention: Paying close attention to the child’s verbal communication and nonverbal behavioral cues.



Nonjudgmental acceptance of self and child: Having realistic expectations, accepting the child’s particular traits, and embracing a mix of child- and parent-oriented goals during the interaction.



Emotional awareness: Being responsive toward and nondismissive of the child’s emotions; validating and giving them words to help express feelings, without trivializing the situation.



Self-regulation in the parenting relationship: Parenting based on one’s goals and values, rather than overreacting; remaining calm and focused on helping the child communicate their emotions.



Compassion for self and for child: Maintaining positive affect; being forgiving toward yourself as a parent when you haven’t responded to or interacted with your child as planned.

