

Mindful Parenting Resources

There are many guides for mindful parenting. However, there seems to be little consensus about what mindful parenting is and how it can be practiced. Based on suggestions from my friends and colleagues on the “Mindfulness in Education” listserv, I have compiled a list of resources and loosely categorized them as follows:

- Inner Work of Parenting
- Teaching Mindfulness to Children
- Parenting Approaches (incorporating mindfulness)
- Children’s Books and Song

Some authors have addressed how we as parents can become aware of (and less beholden to) our own expectations, emotions, and automatic reactions. Doing this “inner work” allows us to see our children as they truly are, and thus engage them more authentically and lovingly. Many of these books have a Buddhist orientation, either explicitly or implicitly.

Other authors have taken a more “how to” approach to mindful parenting, and devised various activities that we can use to teach our children mindfulness. Many of these resources are written for educators or teachers, but we can adapt the exercises readily. For example, there are instructions on meditating with children and engaging them playfully through dance, yoga, or meals.

A third category of books promote a particular parenting philosophy that incorporates mindfulness. Many of these books advocate attachment parenting, focusing on the relationship that we develop with our children.

The final category of resources are specifically for children. Here you’ll find some books, guided meditation exercises, and songs.

All of the books mentioned here can be found on a Mindful Parenting store that I created on Amazon: <http://astore.amazon.com/mindfulparenting-20> If you’d like to support the creation of this resource list, then I invite you to shop via this link.

Inner Work of Parenting

Books

Everyday Blessings: The Inner Work of Mindful Parenting by Myla Kabat-Zinn and Jon Kabat-Zinn (this is the “classic” book on the subject)

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children who Thrive by Dan Siegel and Mary Hartzell (promotes attachment parenting)

The Conscious Parent: Transforming Ourselves, Empowering Our Children by Shefali Tsabary

Mindful Parenting by Scott Rogers

A Mindful Approach to Parenting by Geoff Bell-Devaney

MOMfulness by Denise Roy

Mothering from the Heart by Bonnie Ohye

Time-out for Parents by Cheri Huber and Melinda Guyol

Momma Zen: Walking the Crooked Path of Motherhood by Karen Maezen Miller

Blogs

Raising Happiness (http://greatergood.berkeley.edu/raising_happiness/)

Karen Maezen Miller (<http://www.karenmaezenmiller.com/blog>)

Music

Heart of a Child by Betsy Rose (folk musician), Available at <http://www.cdbaby.com/cd/betsyrose2>

Teaching Mindfulness to Children

Books

Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children by Linda Lantieri (includes a CD by Daniel Goleman and separate chapters focused on 3 different age groups (5-7, 8-11, and 12+).

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland

Mindful Teaching and Teaching Mindfulness by Deborah Schoberlein

Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed by Christopher Willard

Book chapter

“Mindfulness-based Stress Reduction for School-Aged Children” by Amy Saltzman and Philippe Goldin, available in [Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner’s Guide](#) (<http://www.stillquietplace.com/images/chap7.pdf>)

Research

Mindfulness, Children, and Families, Special Issue of Journal of Child and Family Studies, Volume 19, Number 2 (April 2010). Available on-line: <http://www.springerlink.com/content/1062-1024/19/2/>

Parenting Approaches (which involve mindfulness)

Books

[Unconditional Parenting](#) by Alfie Kohn

[Connected Parenting](#) by Jennifer Kolari

[Simplicity Parenting](#) by John Payne

[Parenting Your Anxious Child with Mindfulness and Acceptance](#) by Christopher McMurry

[Secret Spiritual Life of Children](#) by Tobin Hart

[Buddhism for Mothers of Young Children](#) by Sarah Naphali

[The Parents We Mean to Be: How Well-Intentioned Adults Undermine Children’s Moral and Emotional Development](#) by Richard Weissbourd

[Parenting Beyond Belief](#) edited by Dale McGowan

On-line Programs

[Yoga Parenting](#)

[Love and Logic](#) (a course for parents and educators that builds communication skills)

Resources for Children

Books

[Anh’s Anger](#) by Gail Silver and Christiane Kromer

[Take the Time: Mindfulness for Kids](#) by Maud Roegiers

[You Are Not Your Thoughts](#) by Brian Despard

Recordings

Still Quiet Place: Meditations for Young Children by Amy Saltzman, Available at <http://www.cdbaby.com/cd/amysaltzmanmd3>

Calm Down Boogie by Betsy Rose (folk musician), Available at <http://www.cdbaby.com/cd/rosebetsy>

On-line Resources

Graciously provided by Dr. M. Lee Freedman of mindfulawaresstraining.com

Websites and Blogs

<http://www.mindfulmother.com>

<http://www.mindfulparenthappychild.com>

<http://familydharma.pulelehuadesign.com/mindfuln.htm>

<http://www.growingspirit.org/growth/mindfulness.html>

<http://www.themindfulparent.org>

<http://drdانسiegel.com/>

www.mindfulmom.com

www.mindfullymothering.com

<http://www.mindfulmotherhood.org>

<http://themindfulparent.blogspot.com/>

<http://www.jcfparentingmatters.org/>

<http://committedparent.wordpress.com/>

Web Articles

<http://blogs.psychcentral.com/mindfulness/2009/04/mindful-parenting/>

<http://miamiherald.typepad.com/wellness/2008/09/calming-your-mi.html>

http://www.education.com/magazine/article/Zen_of_Parenting/?page=2

http://www.odemagazine.com/blogs/readers_blog/5210/parenting_mindfully_and_thinking_outside_the_box

<http://www.atholtonptsa.org/mindful.html>

http://www.ehow.com/how_5750370_parent-mindfully.html

<http://www.tricycle.com/web-exclusive/family-dharma-the-fragility-silence>
<http://www.attachmentparentingdoctor.com/parenting.html>

http://www.ehow.co.uk/how_5750370_parent-mindfully.html

http://www.mindfulmother.com/living_consciously.html

<http://ezinearticles.com/?Mindful-Parenting&id=212289>

http://www.wholefamily.com/aboutyourkids/child/communication_1.html

<http://life.gaiam.com/article/how-become-mindful-parent>

<http://www.celebratelivingmagazine.com/magazine-articles/current-issue/parenting/parenting-with-mindfulness>

<http://earthybirthy.ca/page2.html>

<http://ezinearticles.com/?Practice-Mindful-Parenting-to-Decrease-Your-Stress&id=4361401>

<http://www.terrificparenting.com/parenting-problems/parent-mindfulness.htm>

<http://www.mindfulmother.com/seasonal.html>

<http://blogs.psychcentral.com/mindfulness/2010/02/what-you-need-to-know-about-mindful-parenting-an-interview-with-cassandra-vieten-phd/>

http://greatergood.berkeley.edu/raising_happiness/post/losing_my_mindfulness/#