



SUPPORTING KIDS FACTSHEET



Strengthening children's mental health
by practising mindful parenting

*Children learn
that feelings are
mentionable and
manageable.*

~Dan Siegel



WHY MINDFUL PARENTING?

Mindful parenting is about modelling skills that we want our children to develop, and reducing distractions and demands so that we can be present in the moment with our children. This involves:

- Being aware of our emotions and what triggers big reactions from us
- Being able to use strategies to manage our emotions in a positive way
- Being focused on what our child needs from us during those difficult moments
- Being responsive rather than reactive
- Practice, not perfection

CAPS WEBINARS

The information on this factsheet comes from a CAPS Supporting Kids parenting webinar. Supporting Kids applies a practical and strengths-based approach to teaching emotionally aware parenting. [Find out more here](#)

CONNECT WITH CAPS

Follow our social media to find out about [upcoming parenting webinars](#), and [subscribe to our newsletter](#) for free resources and the latest child protection news!



Practising Mindful Parenting



[The Importance of Connections | TED](#)



Practising mindful parenting has benefits such as:

- Increased emotional literacy in adults and children
- Awareness of positive coping skills
- Relationship building between parents and children
- Integration of experiences



RESOURCES

- [Australian Childhood Foundation](#)
- [Gottman Institute](#)
- ["The Power of Showing Up" Dan Siegel and Tina Payne Bryson](#)
- ["The Year of Saying Yes" Shonda Rhimes](#)
- [Smiling Mind App](#)
- [Maggie Soother](#)
- [Self Care Booklet](#)



STRATEGIES

- Mindful walks with your child around your neighbourhood noticing colours, sounds, smells
- Sit down to eat, outside, without devices
- Trace the lines on your hand like you are a palm reader
- Use a feelings wheel to help recognise feelings beyond mad, sad, bad and glad
- Notice your posture: relax your shoulders, loosen your jaw, straighten your back, ground your feet.
- Create a physical pause button, like a magnet on the fridge, a keyring on your bag, a pressure point on your body, that you practise pressing, pausing, taking 3 deep breaths, noticing a particular colour in the room, counting backwards from 10, or a cleansing sigh.
- Self care: put your oxygen mask on first

