



Mindfulness Can Reduce Parenting Stress

Because...

- Being aware of our thoughts, emotions, and body sensations reduces stress reactivity
- Being aware of our child, family, home, and culture helps us to raise our child in a way that is consistent with our family values
- Enjoying joyful moments with our child without being distracted strengthens our relationship
- Accepting our child as who they are, with greater awareness of our child's unique nature, feelings, and needs helps them develop positively
- Responding to challenges and uncertainties with wisdom and flexibility helps the whole family thrive

