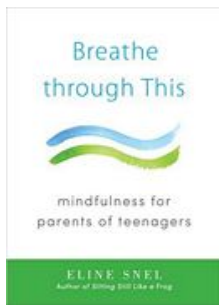




Resources for Parents

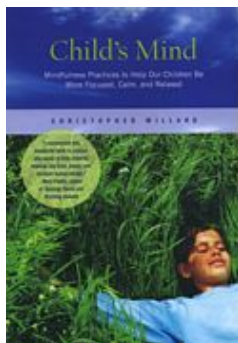


Breathe Through This: Mindfulness for Parents of Teenagers. Eline Snel, \$20.95

Simple mindfulness practices for parents of teenagers to help you stay present, positive, and open-hearted with your child during their teenage years. Includes an audio download of guided exercises.

[https://www.amazon.com/Breathe-through-This-Mindfulness-Teenagers/dp/1611802466/ref=sr_1_1?](https://www.amazon.com/Breathe-through-This-Mindfulness-Teenagers/dp/1611802466/ref=sr_1_1?keywords=Breathe+through+this&qid=1585332764&sr=8-1)

[keywords=Breathe+through+this&qid=1585332764&sr=8-1](https://www.amazon.com/Breathe-through-This-Mindfulness-Teenagers/dp/1611802466/ref=sr_1_1?keywords=Breathe+through+this&qid=1585332764&sr=8-1)



Child's Mind: How Mindfulness Can Help Our Children Be More Focused, Calm & Relaxed. Christopher Willard, \$22.95

https://www.amazon.com/Childs-Mind-Mindfulness-Practices-Children-ebook/dp/B0044BD5Z8/ref=sr_1_4?keywords=childs+mind&qid=1585333416&sr=8-4

Psychotherapist Christopher Willard provides an overview of mindfulness techniques, clear and detailed exercises designed for individuals and groups, and personal stories that demonstrate the ability of mindfulness to empower children and adolescents. *Child's Mind* is an invaluable resource for teaching our children that confidence and power comes from the ability to be aware of and comfortable with ourselves and our surroundings.

The Conscious Parent's Guide to Childhood Anxiety: a Mindful Approach for Helping Your Child Become Calm, Resilient, and Secure. Sherianna Boyle, \$21.99

https://www.amazon.com/Conscious-Parents-Guide-Childhood-Anxiety/dp/1440594147/ref=sr_1_3?crd=2300U9AN6IN5G&keywords=the+conscious+parents+guide+to+childhood+anxiety&qid=1585333464&sprefix=the+consciuous+parents+guide+to+%2Caps%2C157&sr=8-3

Everyday Blessings: the Inner Work of Mindful Parenting, Revised Edition. Jon & Myla Kabat-Zinn, \$22.00

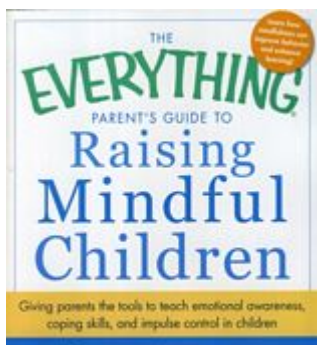
https://www.amazon.com/Everyday-Blessings-Inner-Mindful-Parenting/dp/0786883146/ref=sr_1_1?crid=2QVOQKQZUR3VU&keywords=everyday+blessings+mindful+parenting&qid=1585333804&sprefix=everyday+blessings+%2Caps%2C159&sr=8-1



The bestselling author of *Wherever You Go, There You Are* and *Full Catastrophe Living* joins forces with his wife, Myla, in this groundbreaking revised edition of the classic book about mindfulness in parenting children of all ages. Updated with new material, including an all new introduction and expanded practices in the epilogue, *Everyday Blessings* remains one of the few books on parenting that embraces the emotional, intuitive, and deeply personal experience of being a parent, applying the groundbreaking "mind/body connection".

The Everything Parent's Guide to Raising Mindful Children: Giving Parents the Tools to Teach Emotional Awareness, Coping Skills, and Impulse Control in Children. Jeremy Wardle & Maureen Weinhardt, \$17.99

https://www.amazon.com/Everything-Parents-Raising-Mindful-Children/dp/1440561303/ref=sr_1_1?crid=13R6HR6OUKE4M&keywords=the+everything+parents+guide+to+raising+mindful+children&qid=1585333856&sprefix=the+everything+parents+guide+to+raising+%2Caps%2C159&sr=8-1



Finding Magic In the Mess: a Path to Greater Presence and More Joy, One Parenting Moment at a Time. Steven Fonso, \$27.00

https://www.amazon.com/Finding-Magic-Mess-Presence-Parenting/dp/B07TMR7Y4W/ref=sr_1_1?crid=2HH7IDT7LDTWH&keywords=finding+magic+in+the+mess&qid=1585333914&sprefix=finding+magic+in+%2Caps%2C173&sr=8-1



In our stressed-out culture, too many parents are just coping rather than thriving, juggling demands on their time and energy, and tuning out their inner voices and deeper visions for family life in order to keep their heads above water. There is a better way.

In this reflective and heartfelt guide, you'll find insights and advice for bringing your best self to every parenting challenge, great and small, with greater awareness, authenticity, and grace. Topics include:

- recognizing our old patterns — and interrupting them
- seeing our kids as teachers, and following their lead to experience more presence and joy
- letting go of the need to be perfect — and the expectation that our kids should be, too
- reframing challenges as an opportunity to grow — within ourselves and together as a family

As calming as a talk with a dear friend, this deceptively simple book turns parenting "truths" upside down to reveal a path to greater presence and connection.

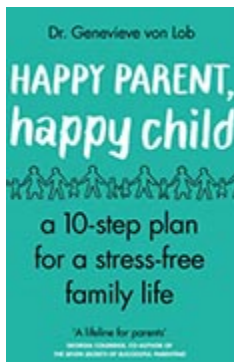
Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience. Christopher Willard, \$23.99

https://www.amazon.com/Growing-Mindful-Essential-Practices-Resilience-ebook/dp/B01B6ES40G/ref=sr_1_3?keywords=growing+up+mindful&qid=1585333992&sr=8-3



Happy Parent, Happy Child: a 10-Step Plan for a Stress-Free Family Life. Genevieve Von Lob, \$21.99

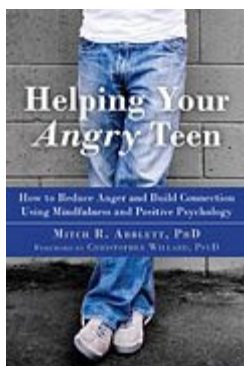
https://www.amazon.com/Happy-Parent-Child-Stress-Free-Family/dp/0552176001/ref=sr_1_1?keywords=happy+parent+von+lob&qid=1585334121&s=books&sr=1-1



Based on mindfulness, psychology and neuroscience, this reassuring guide will show you how to be kinder to yourself and trust your own judgement when dealing with dilemmas every parent faces. Examples based on real mums and dads show how to defuse tension, drama and anxiety in the home. Stressed-out parents will discover a sense of confidence, calm and balance — both for themselves and their children.

Helping Your Angry Teen: How to Reduce Anger and Build Connection Using Mindfulness and Positive Psychology. Mitch Abblett, \$23.95

https://www.amazon.com/Helping-Your-Angry-Teen-Mindfulness-ebook/dp/B01LWBIOZD/ref=sr_1_3?keywords=helping+your+angry+teen&qid=1585334168&s=books&sr=1-3



Does your teen get angry easily or act out? You aren't alone. Parenting a teen is hard enough, but parenting an angry teen is especially difficult. You might feel unable to keep your own cool during disagreements, or even worry that your relationship with your teen is doomed. So, how can you make sure you stay grounded when the drama rises and re-establish a sense of connection?

Written by a psychologist and teen expert, this book offers techniques based in mindfulness, compassion, and positive psychology to help you face the challenges that parenting an angry teen presents. You'll discover the clinical and psychological underlying conditions that can contribute to teen anger, skills for improving communication, and mindfulness tips for staying calm yourself. If you're ready to take control of your own reactions and start reconnecting with your angry teen, this book will help guide the way.

How to Tame the Tumbles: the Mindful Self-Compassionate Way for Parents and Children. Eileen Beltzner, \$17.95

https://www.amazon.com/How-Tame-Tumbles-Self-Compassionate-Children/dp/1771613866/ref=sr_1_1?keywords=how+to+tame+the+tumbles&qid=1585334216&s=books&sr=1-1



How to Tame the Tumbles pushes the literature and practice of mindfulness to a new frontier where parents and children, together, can find an avenue to self-compassion. This concise and engaging book of 14 chapters will guide parents and children towards a new appreciation as to how they can deal with the "tumbles" that inevitably arise from time to time. The book also includes helpful exercises and resource materials to "tame the tumbles."

Joy Fixes for Weary Parents: 101 Quick, Research-based Ideas for Overcoming Stress and Building a Life You Love. Erin Leyba, \$25.50

https://www.amazon.com/Joy-Fixes-Weary-Parents-Research-Based-ebook/dp/B06XKQ57BJ/ref=sr_1_1?keywords=joy+fixes+for&qid=1585334282&s=books&sr=1-1



Modern parenting presents fresh challenges, including unrelenting time pressures, lack of support systems, and work demands, that often leave parents drained and worn-out. Erin Leyba, the mother of three young children, has been counseling parents on these issues for almost twenty years. She has developed techniques that help parents not only cope but also

The Mindful Child. Susan Kaiser Greenland, \$21.00

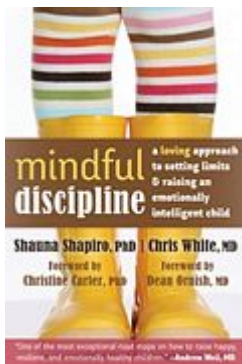
https://www.amazon.com/Mindful-Child-Manage-Happier-Compassionate/dp/B01639AZVA/ref=sr_1_3?crid=16VHS7UEB9BF&keywords=the+mindful+child+by+susan+kaiser+greenland&qid=1585334353&s=books&sprefix=the+mindful+child%2Cstripbooks%2C169&sr=1-3



How to help your kid manage stress and become happier, kinder and more compassionate.

Mindful Discipline: a Loving Approach to Setting Limits & Raising an Emotionally Intelligent Child. Shauna Shapiro & Chris White, \$24.95

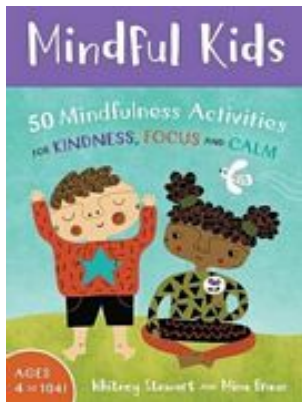
https://www.amazon.com/Mindful-Discipline-Approach-Emotionally-Intelligent/dp/1608828840/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1585334484&sr=1-1



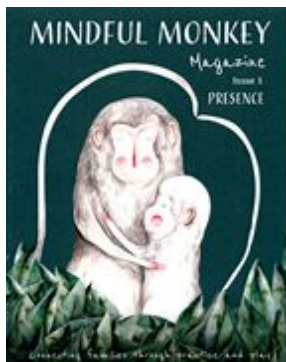
Raising happy, compassionate, and responsible children requires both love and limits. Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and mis-takes that create learning and growth opportunities. In this book, you will also discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion mindfulness that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience-qualities they need for living an authentic and meaningful life.

Mindful Kids: 50 Mindfulness Activities for Kindness, Focus, and Calm. Whitney Stewart & Mina Braun, \$19.99 (ages 4 and up)

https://www.amazon.com/Mindful-Kids-Activities-Focus-Peace/dp/1782853278/ref=sr_1_1?crid=1NAE5HO9PO62L&keywords=mindful+kids+50+mindfulness+activities+for+kindness+%2C+focus+and+calm&qid=1585334548&s=books&prefix=mindful+kids%2Cstripbooks%2C169&sr=1-1



Introducing *Mindful Kids*, the one-of-a-kind mindfulness activity deck for kids age 4 to 104! Make any moment mindful from morning to night with 5 categories of cards, designed to fit into each part of the day. Whimsical full-color illustrations on both sides of the cards provide easy-to-follow steps for each practice. The cards and 8-page instructional booklet include tips for children of a wide range of abilities, making this deck an inclusive tool for nurturing inner peace and strength.



Mindful Monkey Magazine Issue 1: Presence. Melanie Viglas & Sara Marlowe, illustrated by Martyna Czub, \$19.95

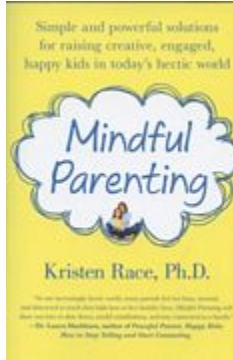
<https://mindfulmonkeymag.com/collections/all/products/mindful-monkey-magazine-issue-1>

The first issue explores PRESENCE. Inside you will find an article about what it means to practice presence in this age of distraction, spaces for reflections for both parents and children as well as mindfulness practices and activities for families to connect with each other.

This inaugural issue introduces The POBS practice when Moxie learns to Pause, Observe, Breathe & Smile as a way to respond to the experience of a busy "monkey mind" in the children's story "Moxie's Monkey Mind". It also provides concrete ideas for parents to support the development of emotion regulation skills in children.

Mindful Parenting. Kristen Race, \$19.50

https://www.amazon.com/Mindful-Parenting-Powerful-Solutions-Creative-ebook/dp/B00CQYAUH6/ref=sr_1_3?keywords=mindful+parenting&qid=1585580313&sr=8-3



Simple and powerful solutions for raising creative, engaged, happy kids in today's hectic world.

Mindful Parenting: Find Peace and Joy through Stress-Free, Conscious Parenting. Oli Doyle, \$22.99

https://www.amazon.com/Mindful-Parenting-stress-free-conscious-parenting/dp/B01N3SSRDS/ref=sr_1_2?keywords=mindful+parenting+doyle&qid=1585580381&sr=8-2



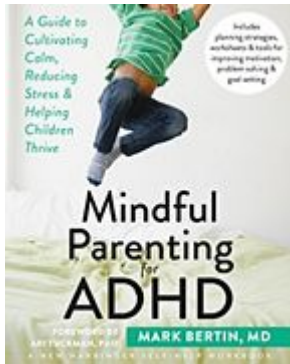
Mindful Parenting provides a six-week guide to reveal how mindfulness can help us be completely present in the messy reality that is parenting. This inspiring, empowering guide to making your parenting journey a means to achieve peace of mind, will give parents the skills to enjoy every moment with their children. Includes key parenting tips on:

- How to move beyond beliefs about parenting and the need to be the perfect parent
- Learn how to appreciate and enjoy the simple things in life
- How to make 'not knowing' a positive opportunity in family life

Oli Doyle shows that all the key domains of life provide great opportunities to practice mindfulness and discover peace of mind.

Mindful Parenting for ADHD: a Guide to Cultivating Calm, Reducing Stress & Helping Children Thrive. Mark Bertin, \$29.95

https://www.amazon.com/Mindful-Parenting-ADHD-Cultivating-Reducing-ebook/dp/B010CKAGA6/ref=sr_1_3?keywords=mindful+parenting+for+adhd+bertin&qid=1585580993&s=books&sr=1-3



If you are a parent of a child with attention deficit/hyperactivity disorder (ADHD), you probably face many unique daily challenges. Kids with ADHD are often inattentive, hyperactive, and impulsive, since ADHD affects all of self-management and self-regulation. As a result, you might become chronically frustrated or stressed out, which makes caring for ADHD that much harder. In this book, a developmental pediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while remaining flexible, resilient, and mindful.

Mark Bertin addresses the various symptoms of ADHD using non-technical language and a user-friendly format. In addition, he offers guidelines to help you assess your child's strengths and weaknesses, create plans for building skills and managing specific challenges, lower stress levels for both yourself and your child, communicate effectively, and cultivate balance and harmony at home and at school.

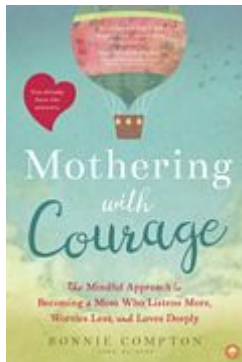
Mindfulness for Parents: Finding Your Way to a Calmer, Happier Family. Amber Hatch, \$16.95

https://www.amazon.com/Mindfulness-Parents-Sampler-Finding-Happier-ebook/dp/B06W2J8HDF/ref=sr_1_5?keywords=mindfulness+for+parents&qid=1585581044&s=books&sr=1-5



Mothering with Courage: the Mindful Approach to Becoming a Mom Who Listens More, Worries Less, and Loves Deeply. Bonnie Compton, \$23.99

https://www.amazon.com/Mothering-Courage-Mindful-Approach-Becoming/dp/B06Y6F2SBC/ref=sr_1_1?keywords=mothering+with+courage&qid=1585581111&s=books&sr=1-1

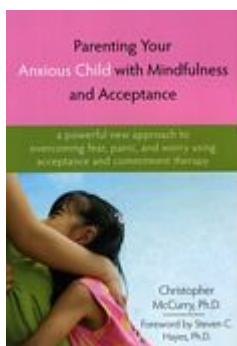


Mothering with Courage provides mothers a detailed guidebook for their journey as a mother, complete with the latest understanding and tips for healthy parenting and motherhood. Practical, educational, and inspirational, the book provides self-reflective questions and guided journaling exercises for mothers, specifically related to aspects of their lives and mothering.

Mothering with Courage engages mothers in an interactive experience that will help map their own journey of motherhood, consciously creating it as they move through the book gaining insight and making personal choices. The text and exercises also guide mothers to mindfully choose the legacy of values and attitudes that they want to pass to their children. As a result, they will be given the opportunity to become a calm and connected mother... a mother who is also confident in her journey.

Parenting Your Anxious Child with Mindfulness and Acceptance. Christopher McCurry, \$25.50

https://www.amazon.com/Parenting-Anxious-Child-Mindfulness-Acceptance/dp/B008KL95VG/ref=sr_1_2?crid=14QI3COZBR9EC&keywords=parenting+your+anxious+child+with+mindfulness+and+acceptance&qid=1585581155&s=audible&sprefix=parenting+your+an%2Caudible%2C158&sr=8-2



A powerful new approach to overcoming fear, panic and worry using acceptance and commitment

The Present Parent Handbook: 26 Simple Tools to Discover That This Moment, This Action, This Thought, This Feeling Is Exactly Why I Am Here. Timothy Duke, \$20.99

https://www.amazon.com/Present-Parent-Handbook-Discover-Thought-ebook/dp/B07ZK9VZ7T/ref=sr_1_1?crid=GLNJ3J5AMZO8&keywords=the+present+parent+handbook&qid=1585581202&srefix=the+present+parent++hand%2Caps%2C187&sr=8-1



If you can recognize that your child needs to be witnessed, held, and loved by you, he or she will have a chance to thrive. With all the distractions of work, technology, and life in general, *The Present Parent Handbook* invites parents to be mentally and emotionally available to their children. In the present, there is the opportunity to show up, pay attention, and become the parent you want to be. With an easy-to-follow A-Z format, every parent will be able to implement the 26+ simple tools to become a more present parent for their children.

Raising Good Humans: a Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids. Hunter Clarke-Fields, \$24.95

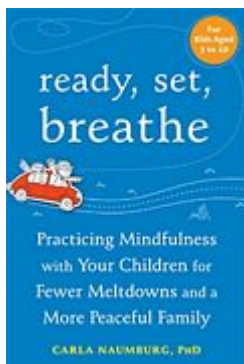
https://www.amazon.com/Raising-Good-Humans-Parenting-Confident-ebook/dp/B07MTBJKBM/ref=sr_1_1?crid=3T5OG4V784L37&keywords=raising+good+humans&qid=1585582337&srefix=raising+good+humans%2Caps%2C162&sr=8-1



A kinder, more compassionate world starts with kind and compassionate kids. In *Raising Good Humans*, you'll find powerful and practical strategies to break free from “reactive parenting” habits

Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family. Carla Naumburg, \$24.95

https://www.amazon.com/Ready-Set-Breathe-Practicing-Mindfulness/dp/1626252904/ref=sr_1_1?crid=6VWLMND3JGAL&keywords=ready+set+breathe&qid=1585582377&srefix=ready+set+breathe%2Caps%2C167&sr=8-1

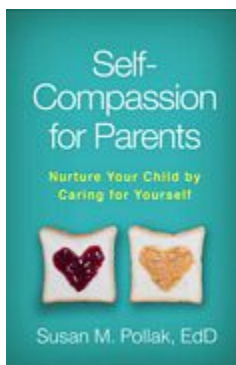


Being a parent is stressful, and when your child has a meltdown, it can be difficult to keep cool, let alone help your child to calm down. *Ready, Set, Breathe* offers real solutions to help you both deal with stress using everyday mindfulness games, activities, rituals, and habits. Designed for children ages 2-10 years old, this book is fun, engaging, and effective.

As any parent knows, children aren't always receptive to what you say. Parental advice is often ignored or perceived as intrusive; and trying to get your kid to calm down and breathe can turn into an unpleasant power struggle in which you feel powerless and frustrated; and your child can feel nagged or bullied. The good news is that it doesn't have to be this way. In this book, you'll learn to teach mindfulness to your child in the most enjoyable and realistic way possible. You'll also learn skills to help yourself stay calm when your child does act up-especially in public.

Self-Compassion for Parents: Nurture Your Child by Caring for Yourself. Susan Pollak, \$21.50

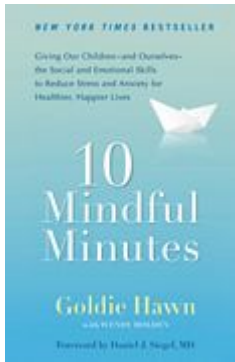
https://www.amazon.com/Self-Compassion-Parents-Nurture-Caring-Yourself/dp/1462533094/ref=sr_1_1?keywords=self+compassion+for+parents&qid=1585582434&sr=8-1



"I yelled at the kids again — and feel so ashamed." "I barely have time to shower, let alone exercise; no wonder I'm so out of shape." "I'm just not the dad I hoped I would be." Parenting is hard. That's why self-compassion is so important. In this empathic resource, mindfulness expert and psychologist Susan M. Pollak helps you let go of constant self-judgment and treat yourself with the same kindness

10 Mindful Minutes: Giving Our Children — and Ourselves — the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives. Goldie Hawn, with Wendy Holden, \$20.00

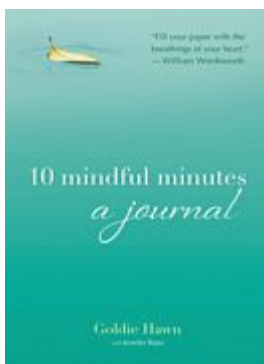
https://www.amazon.com/Mindful-Minutes-Children-Ourselves-Emotional/dp/B008GASRGA/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1585582485&sr=8-3



Inspired by the revolutionary MindUP 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. Hawn presents simple and practical ways to develop mindfulness in children and parents alike, and shares her own heartfelt experiences with the challenges and joys of parenting.

10 Mindful Minutes: a Journal. Goldie Hawn, with Jennifer Repo, \$18.95

https://www.amazon.com/10-Mindful-Minutes-Goldie-Hawn/dp/0399174915/ref=sr_1_5?crid=7ZXIYSYC33S4&keywords=10+mindful+minutes+by+goldie+hawn&qid=1585582536&srefix=10+mindful+min%2Caps%2C164&sr=8-5



This journal provides prompts and exercises to guide you to a fuller practice of mindfulness no matter what your current level of experience. Inspired by Goldie's *10 Mindful Minutes*, this work helps anyone focus on specific qualities — from optimism or gratitude to anger or fear — that can be enhanced or helped by a meditative practice.

Apps

Smiling Mind Free App Practice daily mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

Link: <https://www.smilingmind.com.au/smiling-mind-app>