

# 4 Pillars of Mindful Parenting



## 1. Presence

- Provides the opportunity to deepen emotional closeness
- Shows your children they are loved, supportive, important and everything to you in that moment thus eliminates seeking behaviour
- Most important times to offer your presence is when your children are expressing to you, problem solving with you and showing you a strong emotion—it is the foundation of relationships

## 2. Modelling

- Children are always watching and will model after us.
- They reflect/mirror us—both our positive characteristics as well as challenging characteristics
- They see how we react, our behaviours, the words we choose to express ourselves (or not), and our actions
- If we wish to make a change in the family, the **change has to start from within ourselves**

## 3. Authenticity

- being our real selves with our kids, not feeling like we have to be someone else because we are the parent
- accepting ourselves fully for our strengths and limitations—being real, being honest, being human
- allowing your child's authenticity and truth to shine by modeling your authenticity
- giving yourself and your child permission to be your true self and their true self

## 4. Vulnerability

- being revealed and open (it's ok to let your walls down)
- inviting your children into your emotional landscape and being honest when you are experiencing a strong emotion (I'm feeling stressed out or I'm feeling sad)
- being unafraid to express and experience strong emotions...being light, curious and mindful
- entering into a collaborative way of problem solving...hearing your child's voice...know that they have wisdom surging through their bodies and hearts

## Helpful Resources

Sangha, J. (2012). **Stepmothering A Spiritual Journey**. Toronto: Demeter Press

Gordon, R. (2000). **P.E.T Parent Effectiveness Training**. New York: Three Rivers Press

Tsabary, S. (2016). **The Awakened Family: A Revolution in Parenting**. New York: Viking

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