Mindful Parenting Resources

Books Related to Mindful Parenting

1. Bailey, Michelle L.: Parenting your Stressed Child
2. Bell-Devaney, Geoff: A Mindful approach to Parenting
3. Bertin, Mark: The Family ADHD Solution
4. Hawn, Goldie: 10 Mindful Minutes
7. McMurry, Christopher: “Parenting Your Anxious Child with Mindfulness and Acceptance”
8. Naphthali, Sarah: “Buddhism for Mothers of Young Children”
9. Ohye, Bonnie: “Mothering from the Heart”
11. Rogers, Scott: “Mindful Parenting”
12. Roy, Denise: “MOMfulness”
13. Siegel, Daniel J. and Hartzell, Mary: “Parenting from the Inside Out”
15. Vieten, Cassandra: Mindful Motherhood

Books Related to Mindfulness for Children and Adolescents

1. Biegel, Gina: “Mindfulness-Based Stress Reduction Workbook for Teens”
3. Fisher Huck, Laurie: “Meditation for Kids”
4. Fontana, David and Slack, Ingrid: “Teaching Meditation to Children”
5. Greco, Laurie A. and Hayes, Steven C: “Acceptance & Mindfulness Treatments for Children & Adolescents
6. Lark, Liz: “Yoga for young people”
10. Lark, Liz: “Yoga for kids”
11. Schoeberlein, Deborah: “Mindful Teaching and Teaching Mindfulness”
12. Wood Vallely, Sarah: “Sensational Meditation for Children”
References: Research in Mindful Parenting


Websites related to Mindful Parenting/ Mindfulness for Families

www.mindfulfamilies.ca
www.mindfullifetoday.com
www.communityofmindfulparents.com
www.mindfulground.com
www.mindfulhub.com
www.growing-happiness.com
www.mindfulmother.com
www.mindfulparenthappychild.com
http://www.themindfulparent.org
http://familydharma.pulelehuadesign.com/mindfuln.htm
http://www.growingspirit.org/gs/mindfulness.html
http://drdansiegel.com/
www.mindfulmom.com

Articles Found on the Internet Related to Mindful Parenting

Report of the Mindful Parenting Meeting
September 14-16, 2010 at Garrison Institute
December 2010
Prepared by
Ron Rabin, Kirlin Charitable Foundation, and Nancy Ashley, Heliotrope

Mindful Parenting: Conceptualization and Measurement
A Symposium of the Garrison Institute’s
Initiative on Contemplation and Education
September 2010
www.mindfulexperience.org/.../Garrison_mindful_parent_2010.pdf

Being Present With Your Children”- Thich Nhat Hanh on Parenting
Ruth Mason.
http://www.wholefamily.com/aboutyourkids/child/communication_1.html

Building Mindsight in Our Lives: Seeing and Shaping the Internal World
Daniel J. Siegel

Building the Foundation: How to practice Mindful Parenting
Ronae Jull
Create Mindful Moments Everyday
Raelynn Maloney

Do You Discipline on Auto-Pilot?
Tina Bryson
http://tinabryson.com/2011/05/31/562/

Mindful Parenting: Preventative Care for Children
Elisha Goldstein
http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=42459&cn=82

How to Become a Mindful Parent
Julie Kailus

Mindful Parenting
Elizabeth Seeley-Wait

What does Oprah say about the Community of Mindful Parents?
Yaffa Maritz

Parenting Teens with ADHD Made Simple
Mary Fowler
http://www.ldonline.org/article/5685

Parenting Teens – Five Mindfulness Skills to Help You Keep Your Cool

Strengthening families with mindfulness
http://www.preventionaction.org/research/strengthening-families-given-more-muscle/5232

The ABCs of Mindful Parenting
Biil Gerlach

The Seven Attitudes of Mindful Parenting
Joshua David O’Brien
http://meditationscience.weebly.com/mindful-parenting-blog.html

There’s No Such Thing as a Mindful Parent
Mary Ann Christie Burnside
http://growing-happiness.com/theres-no-such-thing-as-a-mindful-parent/

Strengthening Your Awareness: Attention and Intention in Everyday Parenting
Daniel J. Siegel

Family Dharma: The Fragility of Silence
Beth Roth
http://www.tricycle.com/web-exclusive/family-dharma-the-fragility-silence

What You Need to Know about Mindful Parenting: An Interview with Cassandra Vieten
Elisha Goldstein

Are you a mindful parent?
Tanya Bertram

Mindful Parenting: How To Stop Reacting To Your Child

Being mindful of the stories in your head
Joel and Michelle Levey

How to Mindfully Parent an Autistic Child
Miriam Mason

Letting Go of Expectations: A Lesson in Mindful Parenting”
Jonathan Kaplan, Ph.D.
http://www.psychologytoday.com/node/29971
How to Parent Mindfully”
Christy Matta.
http://www.ehow.com/how_5750370_parent-mindfully.html

Celebrating Small Moments"
Carolyn Gimian.
http://shambhalatimes.org/2009/03/19/celebrating-small-moments/

Mindful Parenting
Elisha Goldstein, Ph.D.

Living consciously, in this moment, rather than on auto pilot
Elizabeth Torres. Psy.D.
http://www.mindfulmother.com/living_consciously.html

The Zen of Parenting
Amanda Morin.

Take a Break
Elizabeth Torres, Psy.D.
http://www.mindfulmother.com/seasonal.html#takeabreak

Me As I Am, The World As It Is
Elizabeth Torres, Psy.D.
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Growing Happy Children with Your Smile
Pilar Placone

Mindful Parenting' Reduces Stress, Aids Communication
Alyssa Martina
http://www.atholtonptsa.org/mindful.html

Good Enough Is The New Perfect
Jessica Zucker, Ph.D.
http://www.pbs.org/thisemotionallife/blogs/good-enough-new-perfect

Compiled by M. Lee Freedman, MD,CM, FRCP(C)
Mindsight Parenting: Helping Our Children Develop the Resilience of Social and Emotional Intelligence
Daniel Siegel, MD

Can Parents be Mindful?
Donna Torney