

## **“This Precious Moment: Everyday Stories of Mindful Parenting”**

Do you have a story or experience that you would like to share about how your mindfulness practice supports your parenting?



We are inviting people to share a personal experience of ‘mindful parenting.’ Our hope is that this project will provide a space for parents and caregivers to share their specific experiences of ‘mindful parenting’ and how it deepens their connection with their child(ren). We would like to bring the beauty of mindful parenting to life and develop an inspirational resource for parents and caregivers. It will start as an online resource with the possibility of becoming a book.

We see 'parents' as all-encompassing: to include grandparents, step-parents, foster parents, pregnant mums, etc. and 'children' refers to all ages of children, from infants to adults.

If you are interested in contributing, please e-mail your story to: [info@mindfulfamilies.ca](mailto:info@mindfulfamilies.ca) and we will happily post it for others to learn from your experiences...We can post it anonymously or include your first name. Please also include the age of your child(ren) if you like. Stories of all lengths are welcome. Visit [www.mindfulfamilies.ca](http://www.mindfulfamilies.ca) (Mindful Parenting Stories under the Mindful Parenting tab) to read stories posted thus far.

### **Some ideas for reflection:**

- A challenging parenting moment where mindfulness helped you to get through
- Moments of beauty and deep connection with your child/ren when you were fully present with them
- Moments of taking care of yourself, so that you were more able to be present with your child/ren and/or family
- Lessons you have learned through mindfulness practice in relation to parenting – e.g. forgiveness, compassion, patience, trust, acceptance, attunement, play, humour, kindness, letting go, equanimity, etc.
- Ways that you share mindfulness with your children
- A time that you felt cared for with mindfulness and compassion

**...the sky is the limit... we can't wait to see what emerges...**

Sara Marlowe & M. Lee Freedman  
[www.mindfulfamilies.ca](http://www.mindfulfamilies.ca)

