

Curriculum Outline: Mindful Parenting

Week 1: Being vs. Doing

- Moving away from Autopilot
- Attitudinal Qualities of Mindfulness
- Mindfulness in Daily Activities
- Meditation training: Body Scan
- Communication: Presence, Intention and Attention

Week 2: Perception and Creative Responding

- Triangle of Awareness (thoughts, emotions, bodily sensations)
- Perception
- Meditation training: Breath Awareness
- Communication: Identifying Needs
- The Developing Brain: Working toward Integration

Week 3: Pleasure and the Power of Presence

- Pleasure and Pleasure Seeking
- Observation
- Mindful Movement I: Hatha Yoga (floor practices)
- Communication: Identifying Feelings
- The Developing Brain: Integrating Left and Right

Week 4: The Shadow of Stress

- Understanding the stress response
- Stress and Resistance
- Mindful Movement II: Hatha Yoga (standing practices)
- Communication: Cultivating Empathy
- The Developing Brain: Integrating Upstairs and Downstairs

Week 5: Finding Space for Responding

- Reacting vs Responding
- Cognitive Distortions
- Meditation Training: Insight meditation
- Communication: Making Observations
- The Developing Brain: Integrating Memory

Week 6: Working with Difficult Situations

- Equanimity
- Consumption
- Meditation: Eating and Walking
- Communication: Paraphrasing and Making Requests
- The Developing Brain: Integrating Awareness

Week 7: Cultivating Kindness and Compassion

- Working with pain and discomfort
- Empowerment, Responsibility and Self-care
- Meditation training: Loving kindness (self)
- Communication: Agreements
- The Developing Brain: Integrating Self and Other

Week 8: Moving Forward with Mindfulness

- Components of personal wellbeing
- Resources for continuing practice
- Meditation: Mountain
- Communication: The Flow of Dialogue

*Please note: Participants will be encouraged to complete some activities outside of class time including: meditation practices (MP3 guided meditations to be provided), reading, and journal topics.