

FAMILY AND CONSUMER SCIENCES

Mindful Parenting

“Mindful Parenting is defined as parents’ abilities to **pay attention** to their child and their parenting in a way that is **intentional, present centered, and nonjudgmental.**”

(Coatsworth, Timpe, Nix, Duncan, & Greenburg, 2018, p 513)

5 Dimensions of Mindful Parenting

1. Listening with full attention
2. Nonjudgmental acceptance of self and child
3. Emotional awareness
4. Self-regulation in the parenting relationship
5. Compassion for self and child

(Duncan, Coatsworth, & Greenberg, 2009)

Notes:

Mindful S.T.O.P.

Stop

Take a breath

Observe what is happening

Proceed with awareness

(Fuller and Fitter, 2020)

For more information: go.osu.edu/mindfulparenting

