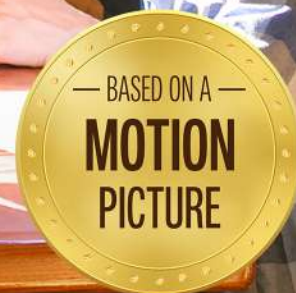


# MINDFUL PARENTING

5 STEPS TO BECOMING THE BEST PARENT  
(AND PERSON) YOU CAN BE!



## Raising Mindful Kids

A step-by-step guide to practical-focused teachings that family members of all ages can apply to their everyday lives.

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## Preface: What Can This Resource Do for You?

This guide is designed to help you live better and more mindfully as a person, parent and family. The practical-focused teachings will guide you step-by-step so you may transform yourself and empower others to overcome fear, anxiety, stress, and even bullying.

This book also highlights many of the teachings within the critically acclaimed film, *Milton's Secret* - the life-changing film that Psychology Today says: "is a rare gem that allows us to consider the function of film in our society more deeply."

*Milton's Secret* is the first-ever feature film based on the teachings of Eckhart Tolle (*The Power of Now*, *A New Earth*). Directed by Barnet Bain (*What Dreams May Come*), the film stars some of the biggest names in Hollywood including Donald Sutherland, Michelle Rodriguez, and Mia Kirshner. [\(to watch the film click here\)](#)

This book also draws on the teachings featured in various global expert talks on the topics of Mindfulness, Personal Growth, Education, Nutrition, Brain Health, Relationships, Creativity and Parenting. It is designed to take you on a journey of self-discovery and help you apply the practical teachings in your daily life as you are encouraged to participate in the 'Reflections & Exercises' section at the end of each chapter.

We invite you to join us on this journey, not to add one more thing to your to-do list, but to give a beautiful gift to yourself. As you work through each step, you'll gain more tools to add to your parenting and life tool belts. With these lessons, you'll free yourself from guilt, stress, and the feeling that you're never enough.

We hope you enjoy it!

# Introduction: Why Mindful Parenting?

Thanks so much for downloading this resource!

This ebook will help you incorporate mindful practices into your life so you can overcome the many daily challenges you face as a parent.

We know what it's like to be a parent.

Parenting can feel overwhelming at times! There are so many feelings and needs to manage. It can even feel lonely or isolating.

Perhaps you're struggling to enjoy your role as a parent as much as you'd like to.

Maybe you're trying to yell less and speak more kindly to your babies.

Maybe you didn't have the best example growing up and you want your children to experience a better, more loving childhood.

Or maybe you feel that life, financial worries, health concerns, and job stress are getting in the way of allowing you to be the best parent you can be.

Especially right now in the midst of a global pandemic, it feels like we're being bombarded with lemons. The lemons represent the millions of expectations, needs, and responsibilities that rest on our shoulders. Maybe you're tired of trying to make lemonade!

Being a parent is **HARD**.

We're here to tell you that there is a better way...and you don't even have to make lemonade!

You can improve as a parent, become a better person, and eliminate those feelings of stress and overwhelm simply by learning to think differently.

Let's dive in!








## STEP 1

# Preparing Your Spirit for Parenting



*"Without a conscious parent, there can be no conscious parenting!"*

Eckhart Tolle

*"Without a conscious parent, there can be no conscious parenting!" Eckhart Tolle*

This quote reminds us that in order to be the best parents we can be, we need to focus on our own inner lives. When we have truly prepared our own spirits, we can be more present and authentic in our interactions with our children.

Another way to put it is the popular phrase, *"You can't pour from an empty cup."* When we care for ourselves, we can offer our children the best versions of ourselves.

Step 1 explores how we can effectively prepare our spirits for the most important job title we will ever hold: that of a caregiver and parent.

## You Are Already Whole and Good

Read it again. You are already whole and good. You are a unique and special person. You are the perfect parent for your child and you are enough.

We are often our own worst critics. We say things to ourselves in our heads that we would never say to a friend. Does "I suck at this," "I messed it up again," or "I'll never get this right!" sound familiar?

You may argue that you're only hard on yourself because you want to do better. Isn't it healthy to self-critique and hold ourselves accountable?

The short answer is no, it's not.

Negative self-talk is counterproductive. You can absolutely improve on yourself and move forward while also being forgiving and loving yourself. In fact, you'll probably be even more successful if you speak to yourself kindly and practice self-compassion.

As Lisa Nichols put it,

*"You can't row a boat in two different directions."*

When you're beating yourself up, you're rowing against your own progress. It's hard to make the most of what you have and do your best when you're constantly down on yourself.

On the contrary, when you are your own cheerleader and believe in yourself, you're able to row your boat forward toward improvement.

## Why You Should Heal Yourself Before Helping Others

In the Mindful Parenting webinar ([sign up - it's free of charge!](#)), Dr. Laura Markham refers to this Parker Palmer quote to explain what happens when we don't heal ourselves before engaging with our children. It's easy to unintentionally harm or be violent with our children when we don't take care of our own suffering in a healthy way.

“

*In essence, you are neither inferior nor superior to anyone. True self-esteem and true humility arise out of that realization.*

Eckhart Tolle

“

*Violence is what happens when we don't know what else to do with our suffering*

Parker Palmer

From yelling to saying hurtful things and worse, our suffering can spill out onto our children in many ways. The only way to stop the spilling over is to grow and heal ourselves.

This is a powerful motivator for us as parents. As Dr. Markham explains, “Well, you know, this work is hard work, the work of personal growth, and many of us wouldn't tackle it except for our children.”

The work of personal growth in parents has never been more urgent. Leading research on mental health indicates that over the past five years, the health and wellbeing of our youth have been in steady decline. It's easy to blame today's society for this sad reality. The fact is we are society and we need to take ownership and lead from a place of strength and compassion.

If you recognize that you have healing to do, this is a gift! Reading this guide is a first step in helping you acknowledge and work on your own suffering so that you can experience healing.

## How Fight or Flight Mode and Stress Wear You Down

Stress. You're probably very familiar with it. But, did you know that when we feel stress, our body perceives this feeling as a danger or threat? As a result, our body enacts the fight, flight, or freeze response system which means:

Adrenaline is released into our bodies  
Our heart rate speeds up  
Our breath becomes shallow  
Our muscles become tense  
Our sweat glands become active  
The thinking part of our brain shuts down

Long-term or chronic stress can be even worse. It can cause mood disorders such as depression and anxiety, insomnia, memory and concentration problems, heart disease, and more.

Stress handicaps our thinking, mood, and health. Not only is this bad for us, as people, but it means we aren't as available and open to our children. We aren't able to thoughtfully respond to their bids for attention and love. When they share a need with us, we may not be prepared to listen because our bodies and minds are stuck in the stress cycle.

In the fight, flight, or freeze mode, you're more likely to yell, be impatient, react harshly, or even shut down and ignore your child.

Have you noticed your own stress and how it impacts your body and mind? One way to start managing stress is by recognizing triggers. Some possible stress triggers are:

- Work
- News, Movies, TV Shows
- Traffic
- Social Media
- Finances
- Health

When you notice your own emotional state and the stress creeping in, you can better understand your own urges and reactions. You may even be able to choose a better path!

## What is Anxiety and How Can it Interfere in Your Relationship with Your Child?

In the Mindful Parenting webinar ([sign up here for free!](#)), Dr. Shefali Tsabary explores the origins of anxiety. She says that all of our anxiety and worry comes from two different kinds of thoughts:

- **"What if?"** thoughts. These thoughts are often about the future. For example, "What if I'm late for work?" or "What if I don't have enough money to retire?"
- **"This shouldn't be the way it is,"** thoughts. These thoughts fight with reality. For example, "My career should be in a better place" or "My child should be a better reader."



**STRESS**  
handicaps our thinking,  
mood, and health.



These thoughts are on full exhibit in Milton's Secret ([sign up here to watch it for free!](#)). Milton's mother is constantly full of "What if" and "It shouldn't be this way" thoughts. From worrying about if they'll have enough money to pay the mortgage to fretting about the state of her career, she is always anxious. Thankfully, she also learns to manage some of these thoughts throughout the course of the movie.

Dr. Shefali Tsabary recommends that we find ways to let these thoughts go through meditation and other strategies which you'll find in the exercises at the end of this section as well as in Step 4.

*Ultimately, we create our own anxiety and suffering. It's not because we want to. It's because we've conditioned ourselves to think in this unhelpful or dysfunctional way.*

Eckhart Tolle explains that when we have thoughts about "how you may fail...imagined loss...things that people might do to you and all those things. When you think those thoughts, which are totally useless, the body cannot distinguish between reality and thought. So, when you are thinking a fearful thought, the body believes that you find yourself in a dangerous situation."

To hear more from Eckhart Tolle, [sign up for our upcoming webinar.](#)

Thankfully, we don't have to simply accept these thoughts. Let's look at some action steps for dealing with stress, anxiety, and the pressures of being a parent.



# Reflections and Exercises to Prepare Yourself for Parenting

## Reflection Question 1:

**How do worries about the outside world sneak into your relationship with your child?**

**Have you heard the story of the *Trouble Tree*?**

In this story, a man had a very difficult day at work. Everything seemed to go wrong. His boss offered him a ride home and upon arriving, the man invited his boss inside to meet his family. Before going inside, the boss noticed that the man stopped briefly to touch the trunk of a tree. Then, inside his demeanor changed and the man was happy, relaxed, and unfazed by the day's troubles. Later, as they were saying goodbye, the boss couldn't help but ask what had happened at the tree.

"Oh, that's my trouble tree," the man replied. "I know that work will always give me problems. I hang up my work stress and troubles on the trouble tree every evening so that they don't get in the way of time with my family. And you know what? In the morning, there are always fewer troubles than there were the evening before."

Could you possibly let some of your problems rest for the night and instead embrace the present moment with your family? Your problems will still be there and you can deal with them in the morning.







## Reflection Question 2:

**How do you feel when engaging with your child today?**

**Do you feel happy? Angry? Frustrated? Excited? Hurried? Grateful? Guilty?**

Notice your feelings and try to discover their roots. Are the feelings directly related to the interaction you're having or to outside stressors, anxieties, and worries?

Are you able to have positive, happy interactions with your child while you're worried about something else in the back of your mind?



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## Exercise 1: One Conscious Breath

It's possible to calm the fight, flight, or freeze response with just a few deep, conscious breaths. As Eckhart Tolle says, "To be conscious of one breath is a very practical and easy way to take attention away from useless and often dysfunctional thinking."

Breathe in slowly through your nose and then out through your mouth. There are variations on this technique including rhythmic breathing, ratio breathing, guided breathing, that you can learn through some of our wonderful resources. [Gain access to them here!](#)

You can also learn this technique directly from Eckhart Tolle in our upcoming webinar. [Sign up here!](#)

After practicing One Conscious Breath in a relaxed setting, try using this technique when you feel stress, worry, and anxiety creeping in. It's a simple reset that you can use anywhere you go!



## Exercise 2: Reframing Anxious Thoughts

When you have an anxious or unhelpful thought, it can be helpful to reframe it. Dr. Shefali Tsabary says that it's even possible to use this strategy with kids! Once you get the hang of it yourself, you can practice it with your child, too.

Here's how it works. You have a negative thought such as "I'm too sensitive." Instead, reframe that thought by thinking of the positive, which could be "I have lots of empathy."

Or, "My child is too loud," could be turned into "My child is expressive and would make an excellent leader, teacher, or actor/actress."

Or, "My cooking is horrible," could be "I fed myself and my family. I have lots of other strengths."

Reframing anxious thoughts takes practice, but it offers a way to be kinder to yourself and others.





## STEP 2

What  
Does it  
Mean to  
be a  
Mindful  
Parent?





*As a mindful parent, you'll change the way you think and live in the world so that you can change your interactions with your child.*

*In this step, we consider some concrete steps you can take toward being a more mindful parent.*

## How to Take Responsibility for Suffering Instead of Passing it On

The essence of mindfulness involves turning your attention to what is happening within you in order to create something totally different outside of you. Therefore we must also trust that we have all the answers within us.

An important part of our inner world is the baggage and suffering we carry. As Dr. Markham points out, "...our task is to notice our suffering in all of its various forms and to take responsibility for working with that, with our own growth and not visiting that on our children." Whether you were parented poorly when you were a child or you've simply struggled with society's expectations and messages, we all carry some amount of suffering.

Suffering often comes up to remind us of things that happened in the past. Dr. Shefali Tsabary writes in her book *The Conscious Parent* "Whether we unconsciously generate situations in which we feel the way we did when we were children, or we desperately struggle to avoid doing this, in some shape or form we inevitably experience the identical emotions we felt when we were young."

“

*"Our task is to notice our suffering in all of its various forms and to take responsibility for working with that, with our own growth and not visiting that on our children."*

Dr. Markham

Let's try to imagine how this might happen. Imagine your child is pushing your buttons. They refuse to listen and instead scream at you, even saying that they hate you. What emotions do you feel? You may feel fear, hurt, anger, rage, frustration, or overwhelm. Do you feel like a mature adult or do you get taken back to a 12-year-old or even a 7-year-old version of yourself?

You may have regressed to a time when your needs weren't met as a child. Perhaps your parents used to yell at you and your unconscious mind was reminded of that when your child yelled. Sometimes difficult parenting moments can return you to a child-like state. But, this is a gift! Because in your child-like state, you know what you really needed when you actually were a child, feeling those feelings. What was it that you really needed at that time? What did you actually need from your parents? Perhaps you needed patience, calm, unconditional love, or understanding. Maybe you needed to talk through your feelings. This is what you need to give to your child instead of reacting using your triggered instincts.

As Dr. Tsabary explains, "If you understand that the inappropriate behavior of your children is a call to increased consciousness on your part, you are able to view the opportunities they afford you to grow differently. Instead of reacting to them, you look within yourself and ask why you react. In the asking, you open a space for consciousness to arise."

[Want to hear more from Dr. Tsabary?](#)

[Sign up for our Mindful Parenting webinar \(it's free!\).](#)

## How to Build Your Relationship With Your Child in the Present Moment

In our Mindful Parenting webinar, Dr. Markham wisely explains that "Parenting is not strategies, it is a relationship."

This change in perspective can help us focus on the most important part of parenting our children: connecting. All humans but especially children seek love and connection.

### How can you build a better connection and relationship with your child?

There are two main practices that can help you build the best relationship with your child. They are:

- **Be Fully Present:**

As much as possible, be fully present for your child. That means taking time to listen deeply, play, and just be with your child. Take time each day when you put your phone away and spend quality time with your child.



To do this, you must also be aware of your intentions when you spend this quality time with your child. As Eckhart Tolle explains in the Mindful Parenting webinar, "Most humans cannot be fully present with another, except in very rare instances, because even with children, when parents give attention to their children, they're really always giving attention because they either wanted children to do something or they want their children to stop doing something."

[Hear more wisdom from Eckhart Tolle by signing up for the free webinar!](#)



In other words, attention that builds your relationship needs to be “no strings attached.” Not attention that’s caught up in “clean up your toys,” or “stop kicking the table.” This isn’t to say that you can’t draw boundaries or enforce rules, it just means that in addition to all of these important directives, we also need to prioritize being fully present for our kids.

- **Accept Your Child for Who They Are:**

We need to let go of our own ideas of what our kids should be or what we want them to be. For older children this means not pressuring them into a career we wish them to have. For younger children, this might mean not pushing soccer, a musical instrument, chess club, etc. on them so that they can get into a good college. Instead, we must let our children choose their interests and ways to spend time. In this way, we delight in them for who they are and who they might become.

## What is Your Child Calling For?

Dr. Stacy Thomas, the host of our Mindful Parenting webinar, brings up this question for parents to ask themselves. “What is he/she calling for?”

In any given behavior, there is an emotion and an intention behind it. This is what the child is calling for. Other similar questions are:

- What is the child’s point of view?
- If your child seems to be rebelling, why?

Rebelling or “bad” behavior is one of the only outlets your child has for expressing themselves. Instead of reacting to the behavior, we can respond to the feelings and needs that are behind the behavior. Remember that your child feels safe with you, and so may feel safest showing their upsets to you. What emotions are behind these upsets? Hurt, fear, anger? Can you connect to these feelings and make sense of them?

Through connection, empathy, and patience, we can respond to our children more mindfully and effectively.





# Reflections and Exercises on Being a Mindful Parent

## Reflection Question 1:

How do you spend quality time with your child? What feelings do you notice in your child when you spend quality time together?

## Reflection Question 2:

Remember a time when your child was recently upset. Can you imagine their point of view? Would you respond differently now that you've thought more about their point of view?

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## Exercise 1:

One excellent way to connect with your child in a way that is fully present is through rituals or ceremonies. Think of one family ritual you have or one that you'd like to have.

In Milton's Secret, Milton's Grandfather is shown drinking tea several times. It's a ritual that grounds him, helps him be present, and also makes space for sharing with others. [To sign up to see the movie for free, click here!](#)

Other examples of rituals and ceremonies are:

- Going for a walk after supper
- Gardening together
- Sitting together listening to a favorite calm song (perhaps in a rocking chair or hammock)

Plan your ritual to offer the best possible quality time for yourself and your child.







## Exercise 2:

For one evening, keep a tally of how often you get the urge to check your phone. How many times did you get the urge?

With this information in mind, is checking your phone interrupting quality family time and preventing you from being a mindful parent?

What else might prevent you from being fully present with your family?







## STEP 3

# Why Rewards and Punishments Don't Work

*"Finish up all of your supper and I'll give you an ice-cream cone!"*

*"If you don't listen, I'm taking away your screen time."*

These are some common rewards and punishments that parents dole out regularly. Maybe you've even said some of these yourself!

However, as a general rule, punishments and rewards don't work in the long run. This approach focuses only on extrinsic motivation and fails to develop intrinsic motivation. Let's explore this further.

## What Is Discipline Through Relationship?

Markham explores the idea of discipline through relationship in detail in our Mindful Parenting webinar. [Sign up to hear all of the details!](#)

Essentially, to have an influence on your child, you have to have a relationship and strong connection with them. Through the trust we build with our children, we can have a greater influence on our child's inner compass and sense of self. True discipline isn't about manipulating our kids to get them to do what we want them to do. Instead, it's about developing their sense of right and wrong.

Eckhart Tolle reminds us that in order for this type of discipline to work, we have to be consistent. If you tell your child to do or not do something, back it up with your example. For example, if you have a rule that no electronic devices are allowed at the dinner table, that goes for parents too.

## What's Wrong with Rewards and Punishments?

All of this might sound fine and dandy, but what exactly is wrong with rewards and punishments?

Rewards and punishments can be effective in the short term. Maybe you'll get the immediate outcome that you were seeking, but isn't the ultimate goal to raise a thoughtful, respectful person? If your child only follows the rules because they're the rules, your child might cheat the system when you're not around.

Dr. Markham explains the research in detail in our Mindful Parenting webinar ([sign up here!](#))

The bottom line is that studies have shown that children are less likely to follow rules when the parent or rule-enforcer is absent. If you teach your child to do things (or not do things) without rewards and punishments, they're more likely to absorb it as a part of who they are.

Dr. Markham gives the example of washing hands. If you teach your child to always wash their hands after going to the bathroom, this helps them see themselves as someone who washes their hands. Don't attach reward or punishment to it. Instead, if you see that your child hasn't washed their hands, return to the bathroom and have them wash their hands.

## What to do Instead of Rewards and Punishments

Limits and boundaries are essential in parenting. Just because you don't use rewards and punishments doesn't mean you can't influence your child's behavior.

# Ways to influence your child's behaviour

## How to Set Limits and Boundaries

The ultimate goal is to help your child develop an internal compass through connection and trust in your relationship. Do this in a way that builds intrinsic motivation. You can do this by noticing how different actions are helpful and good. Here are some examples:

- When your child cleans up their toys, you can say *"Great! Now your toys are safe and the room is neat for everyone to enjoy."*
- When your child brushes their teeth, you can say *"Brushing your teeth will help keep you from getting cavities."*
- When your child shares with another child, you might ask, *"How did it feel to share?"* Sharing feels good! Helping your child notice this can help them associate sharing with this positive feeling.

When setting and enforcing boundaries, do it with love. As Lisa Nichols says, you can turn confrontation into carefrontation. What this means is you always seek to keep your child's dignity intact. Speak to your child calmly and kindly about the behavior that needs to change, keeping their feelings and intentions in mind.

## How to Handle Disagreements and Tantrums

There is an easy 3-step process that you can use for handling disagreements, power struggles, and tantrums without resorting to punishments and rewards.

Here's how it goes:

- **Acknowledge Feelings:** For example, "I see you're very upset right now" or "I know you don't want to leave the park," or "I can see you're frustrated and you don't want to put on your coat."
- **Talk about the WHY of actions:** Next, talk about the why. For example, "Can you tell me why you're upset?" or "We need to put on the coat because it's cold outside" or even "I can't let you hurt your brother."
- **Enforce the Boundary:** The final step is enforcing the boundary. Whether you put your child's coat on gently or physically hold onto your child so that they can't hit their sibling, it's important to consistently enforce your rules and boundaries.

Sometimes it takes a while to get here. You might have to hug your child through a long crying session. Or, you might have to wait patiently while your child throws themselves on the floor, kicking and screaming. Yet, it's important to show your child that your relationship with them isn't dependent on them always feeling good. Promise and show that you'll sit with them through difficult emotions.

To sum it up, try to respond instead of reacting. When you react, you let your feelings drive your actions. However, when you respond, you do it thoughtfully and with your child's needs in mind.







*“Sometimes letting things go is an act of far greater power than defending or hanging on.”*

- Eckhart Tolle,  
A New Earth:  
Awakening to Your  
Life's Purpose

## Choose Your Battles and Be Willing to Let Things Go

Are the rules and boundaries you're enforcing worthwhile? Or are you just enforcing them to satisfy your ego, your sense of control, or show your power?

We can all fall into this trap. However, if your child refuses to put on a fancy outfit for a special event, is it worth the battle? If all you're worried about is “what other people will think,” that's a sign that your ego is at work. Maybe it isn't worth the trouble.

Every parent has to determine their own set of guidelines for how they will choose their battles. One idea is to enforce boundaries only around three things. They are:

- Safety
- Health
- Respect

As long as what the child wants to do is safe, healthy, and respectful, there's no reason to turn it into a huge battle.



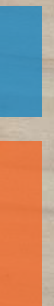
# Reflections and Exercises on Rewards and Punishments

## Reflection Question 1:

How did you feel when you were given rewards or punishments as a child? (could be related to a parent or teacher)  
How do you think this affected you?

## Reflection Question 2:

Recall a few recent conflicts with your child. Which ones were worthwhile battles to choose?  
Or could you have let any of them go?





## Exercise 1:

Next time your child gets upset, imagine their feelings are a wave or that you're moving with them through a tunnel. Your goal is to sit with them through these hard feelings and get to the other side. How does this change your interaction?

## Exercise 2:

Imagine a common conflict that comes up with your child. Write out a small script of how you might respond in a mindful way.





## STEP 4

# Your Mindful Parenting Toolbox



*Being a mindful parent is all about becoming more aware of yourself, your feelings, and trying to live in the “now.”*

It's not always easy to do! So, we've put together a list of helpful tools and practices that you can use as you become a more mindful parent. Most of these activities can be done by yourself or with your child.

## Give Yourself a Break

This tool has two meanings. One, is literal, meaning take a break! Take a bath, go out for coffee with a friend, or curl up with a good book. Remember that when you feel good, you'll be better prepared to care for your child.

The second meaning is self-compassion. Forgive yourself and recognize that everyone makes mistakes. If you notice that you're beating yourself up, try talking to yourself as you would to a friend.

## Conscious Breathing

When you're feeling stressed, upset, or unfocused, try the conscious breathing technique in Step 1 (page #5). Learn this technique directly from Eckhart Tolle by [signing up for our webinar...it's free!](#)

## Visualizing Emotions as a Wave or Tunnel

When you or your child are upset, try visualizing emotions as a wave or tunnel. They are something temporary. No tantrum will last forever. Yet, you have to get through the tunnel or wait out the wave. You can't just cut off the emotion short. Instead, wait for it to pass and consider using one of the other tools to ground yourself through these emotions.

## Ceremonies and Rituals

Ceremonies and rituals, like the tea ceremonies performed by Grandpa Howard in Milton's Secret ([watch the movie free here!](#)) can offer a great chance for connection and being mindful. Here are some ideas to try:

- Device-free dinners
- Dance parties
- Tea ceremony or party
- Going for a walk
- Gardening
- Making a meal together



## Connecting with Children

If you're feeling like you and your child are constantly arguing, or that your child's behavior is a problem, make time to connect! Connection is always the answer to become closer to our children, help them feel safer, and understanding their feelings better.

Whether you announce a pillow fight, sit down and do a puzzle together, have a coloring party, ask them to tell you about their favorite video game, or go out for ice cream, find a way to connect.

## Practicing Gratitude and Thankfulness

Research shows that people who practice gratitude are happier. You can practice gratitude as an individual and with your family. Here are some ideas for how to practice this:

- Keep a journal. Write 3 things you're grateful for every day.
- Talk about what you're thankful for around the dinner table.
- Put out a jar with slips of paper. Encourage everyone in your family to write something they're grateful for and to put it in the jar. At the end of the week, month, or year, read the slips of paper together.



## Meditation

In our Mindful Parenting webinar, Dr. Shefali Tsabary explains how meditation can help ground people and promote a sense of mindfulness. In meditation, you practice being in the now. There are many videos and groups available for people looking to get started in meditation. Consider adding it to your daily practices!





## Being in Nature

Taking a walk in the park, sitting in your garden, or just looking up at the sky are just a few ways to appreciate nature. When we take a moment to be in nature, we focus on the beauty around us. It gives us a chance to be conscious and mindful of the moment we are living in.

## Reframing Thoughts

Reframing unhelpful thoughts is a great tool to use as you move forward. When you have a negative thought such as *"I'm too sensitive."* Instead, reframe that thought by thinking of the positive, which could be *"I have lots of empathy."*

Or, *"My child is too loud,"* could be turned into *"My child is expressive and would make an excellent leader, teacher, or actor/actress."*

Or, *"My cooking is horrible,"* could be *"I fed myself and my family. I have lots of other strengths."*

Reframing anxious thoughts takes practice, but it offers a way to be kinder to yourself and others.



A photograph of a family of four in a bright room with large windows. A man and a woman are hugging each other and a young boy. The woman is wearing a yellow patterned dress, the man is in a light-colored shirt and white pants, and the boy is in a white shirt and brown pants. A young girl is sitting on the floor in the bottom left corner, wearing a white shirt. The floor has a black and white geometric tile pattern.

## STEP 5

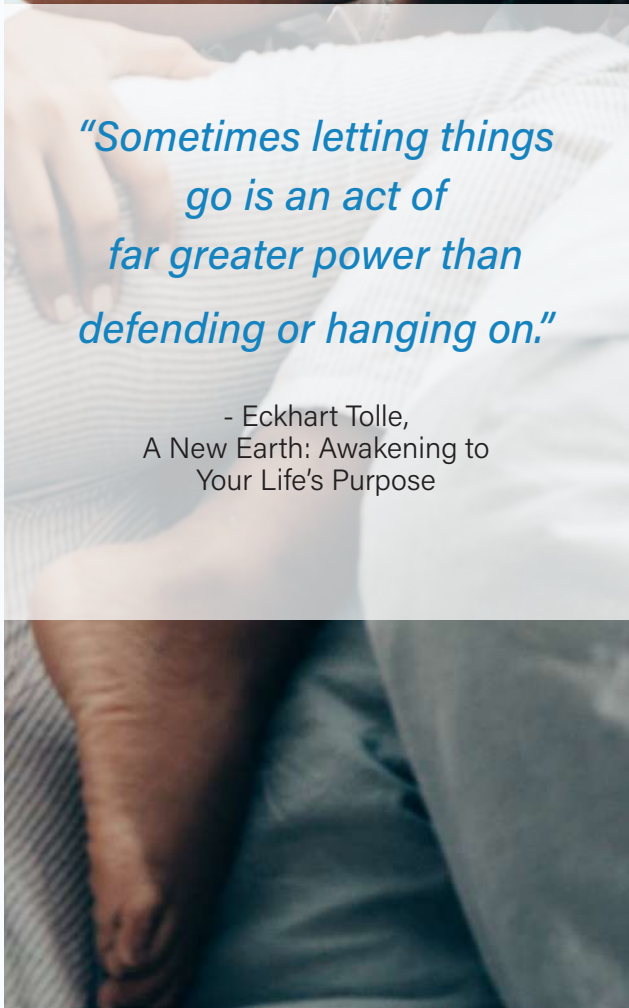
# Stepping into Mindful Parenting





*"Sometimes letting things go is an act of far greater power than defending or hanging on."*

- Eckhart Tolle,  
A New Earth: Awakening to  
Your Life's Purpose



## Congratulations!

You made it through the entire guide. We hope you've found it useful and inspiring.

As you begin to add more mindful practices to your family life and parenting, remember to be patient. Take things one step at a time. Perhaps try making one change every week and focus on adding that one idea to your life.

Becoming a mindful parent can be a big shift! Don't worry if you've done things differently in the past. When we know better, we do better. If relevant, apologize to your children for things you could've done better and then focus on doing better each day.

Awakening into mindfulness is a process. We wish you love, patience, and joy as you step into mindful parenting.

Looking for your next steps? We have put together a great list of resources for you to use as you continue your journey. Don't forget to [sign up for our upcoming free Mindful Parenting webinar](#) and to [watch Milton's Secret](#). These two resources will provide you with even more tools, examples, and information so that your family can thrive.





# WHAT TO DO NEXT?

Milton's **SECRET**

# MINDFUL PARENTING

5 Steps to becoming the best parent  
(and person) you can be!

**FREE WEBINAR**

Learn practical teachings & tools from  
global experts to best support your family  
while also supporting yourself!



DR. LAURA MARKHAM



LISA NICHOLS



DR. SHEFALI TSABARY



DR. STACY THOMAS



ECKHART TOLLE



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# RESOURCES

## FILM

*Milton's Secret* ([Sign up to see it free here!](#))

"A rare gem that allows us to consider the function of film in our society more deeply."  
– PSYCHOLOGY TODAY

## WEBINAR

*Mindful Parenting Webinar* ([Sign up to join free here!](#))

This transformative webinar will give you give you practical tools and systems that will help you reclaim your time and energy, so that you can create a new way of living that serves everyone in your family better than before.

## PROGRAMS

*Milton's Secret Deluxe Movie Package* ([Click here to learn more](#))

Learn to overcome Fear, Stress and Anxiety with Practical Tools that will Transform Yourself and Empower Your Children. Introducing the first ever Feature Film, Novel, Interactive Lessons, and Home Study Guide based on the Teachings of Eckhart Tolle, Author of *The Power of Now*.

## BOOKS

*The Power of Now: A Guide to Spiritual Enlightenment*

By Eckhart Tolle

*Conscious Parenting: Transforming Ourselves, Empowering Our Children*

By Dr. Shefali Tsarbary.

*Milton's Secret: An Adventure of Discovery through Then, When, and The Power of Now*

By Eckhart Tolle and Robert S. Friedman

## SOURCES

Chronic Stress Puts Your Health At Risk

7 Ways To Help Kids With Anxiety : Life Kit



# MINDFUL PARENTING

5 STEPS TO BECOMING THE BEST  
PARENT (AND PERSON) YOU CAN BE!