

# Mindful Adventures in Parenting

December 14, 2022

Orange County Department of Education

Presented by  
Tina Rocha, Regional Mental Health Coordinator





**WELCOME**

# Today's Agenda

A stack of smooth, dark brown stones is balanced on a beach. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred view of a beach with water and greenery.

I. What is Mindfulness?

II. Why is Mindfulness important?

III. What is Mindful Parenting?

IV. Mindfulness Strategies for Adults

V. Mindfulness Strategies for Children

Mind full

vs

Mindful



Learn to be present  
and enjoy the moment.

# Mindfulness



# What is Mindfulness?

Over 30 years ago, Jon Kabat-Zinn, the scientist and widely recognized father of contemporary, medically based mindfulness, developed a therapeutic meditation practice known as Mindful Based Stress Reduction (MBSR). He defined Mindfulness as we understand it today to be:



*Mindfulness* means paying attention in a particular way: ***on purpose***, in the present moment, ***and nonjudgmentally***.

JON KABAT-ZINN

# What is Mindfulness?

A stack of smooth, dark brown stones is balanced on a rocky shore. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred body of water and green foliage, suggesting a natural setting.

More Formal Mindfulness approaches can include:

- Mindful breathing
- Mindful walking
- Meditation
- Yoga

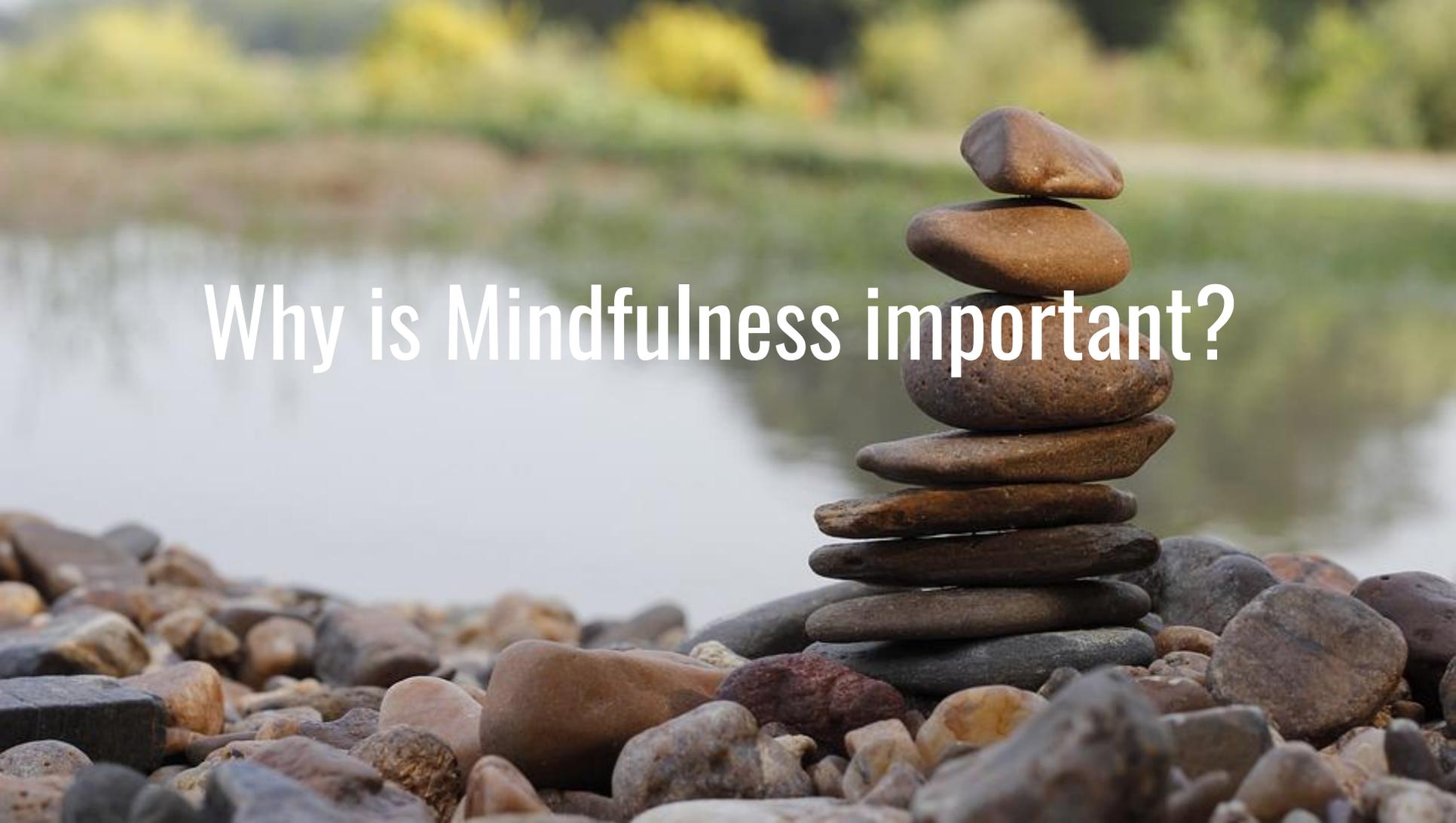
Informal Mindfulness practices can include:

- Mindful Eating
- Mindful Waking
- Mindful Washing of Dishes
- Mindful Self Care/grooming
- Mindful Creative Expression (ie. Art, Sports etc.)
- Anything that brings you to the present moment

# Mindfulness Interventions

A stack of smooth, dark brown stones is balanced on a beach. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred beach scene with water and greenery.

- A. Mindfulness-based stress reduction (MBSR) is a therapeutic intervention that involves weekly group classes and daily mindfulness exercises to practice at home, over an 8-week period. MBSR teaches people how to increase mindfulness through yoga and meditation.
- B. Mindfulness-based cognitive therapy (MBCT) is a therapeutic intervention that combines elements of MBSR and cognitive behavioral therapy (CBT) to treat people with depression.

A stack of smooth, dark brown stones is balanced on a rocky shore next to a body of water. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred landscape with green foliage and a body of water. The text "Why is Mindfulness important?" is overlaid in white, bold, sans-serif font across the middle of the image.

**Why is Mindfulness important?**

# 3

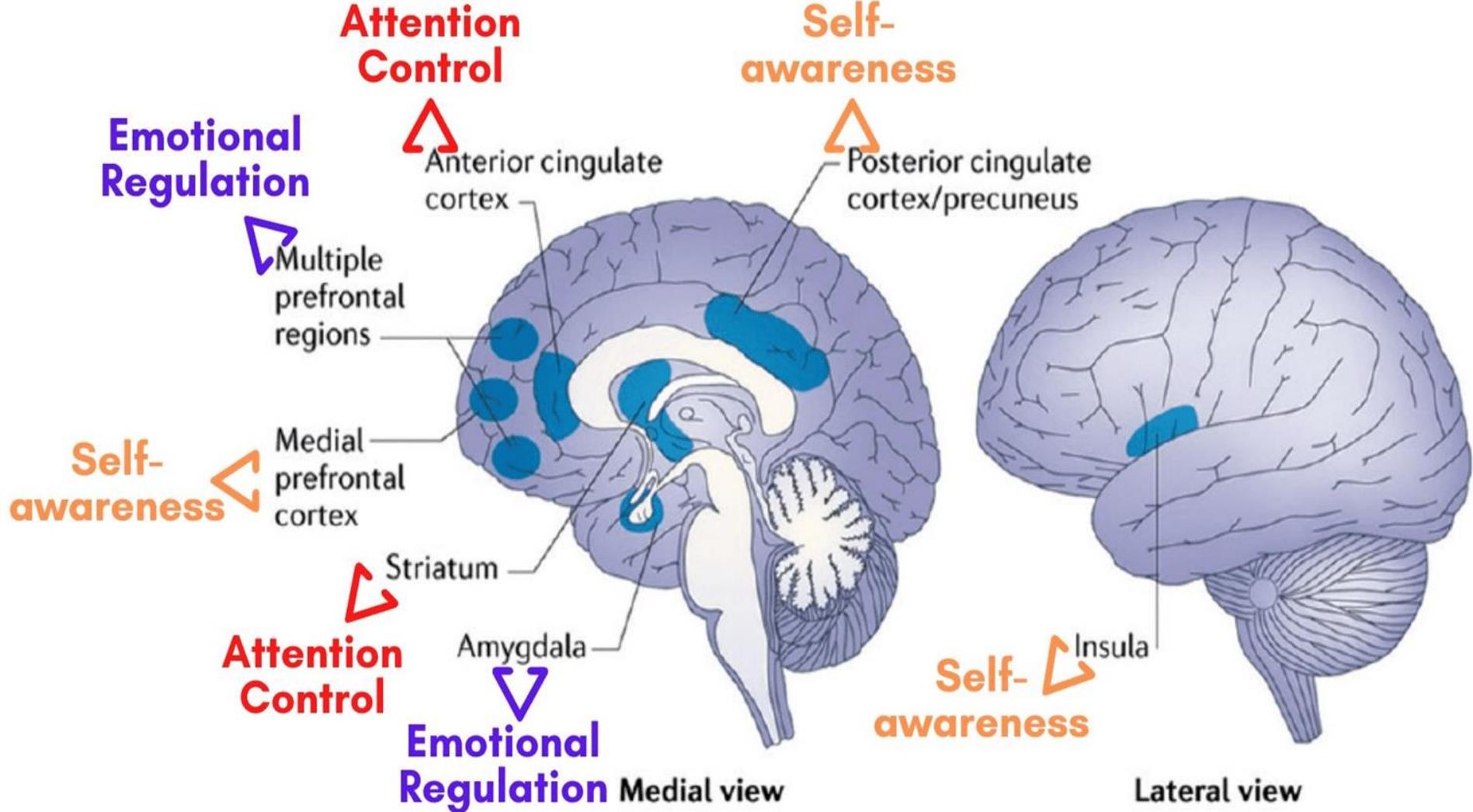
# Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



# Why is mindfulness important: Understanding Adverse Childhood Experiences (ACEs)





# Mindfulness

A stack of smooth, dark brown stones is balanced on a rocky shore next to a body of water. The stones are stacked vertically, with the largest at the bottom and the smallest at the top. The background is a blurred view of a river or stream with green foliage on the banks.

Mindfulness can and has shown evidence of being effective with:

- Stress
- Anxiety
- Depression
- Addiction relapse prevention
- Eating Disorders
- Obsessive Compulsive Disorder
- Hypochondriasis
- Somatization Disorders
- Autism Spectrum Disorders (with Adults)
- ADHD

# Mindfulness

A stack of smooth, dark brown stones is balanced on a beach. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred beach scene with water and greenery.

**[We] can deliver the daily doses of healing interactions that truly are the antidote to toxic stress. And just as the science shows that it's the cumulative dose of early adversity that's most harmful, it also shows that the cumulative dose of healing nurturing interactions is most healing."**

**Dr. Nadine Burke Harris, Former First California Surgeon General |**

A stack of smooth, dark brown stones is balanced on a rocky shore next to a body of water. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred landscape with green foliage and a body of water. The text "What is Mindful Parenting?" is overlaid in white, bold, sans-serif font.

# What is Mindful Parenting?

# Mindful Parenting

A stack of smooth, dark brown stones is balanced on a beach. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred beach scene with water and greenery.

“In order for any of us to provide that safe, stable, and nurturing environment for the children that we serve, we have to practice self-care so that we can be available. Please make sure to put your own oxygen mask on and practice real care for yourself so that you can be there for the next generation.”

# Benefits of Self Care for you, your child and your family

**SELF-CARE**  
♡♡♡ **AND**   
**PARENTING**

# Self Care Ideas for Parents/Guardians

- Meaningful Connection with child(ren)
- Physical Health
- Spirituality
- Healthy Eating
- Exercise
- Journaling
- Continuing Education\*
- Establishing Boundaries
- Self-Monitoring\*\*
- Dealing with Emotions\*\*
- Asking for and accepting help
- Spending time doing activities you enjoy with people you like
- Caring for your mental and physical health\*\*\*
- Reducing stress in other areas of your life
- Practicing relaxation skills, breathing exercises
- Practicing Gratitude

# Mindful Parenting

Mindful Parenting may bring about change in parent-child interactions through the following:

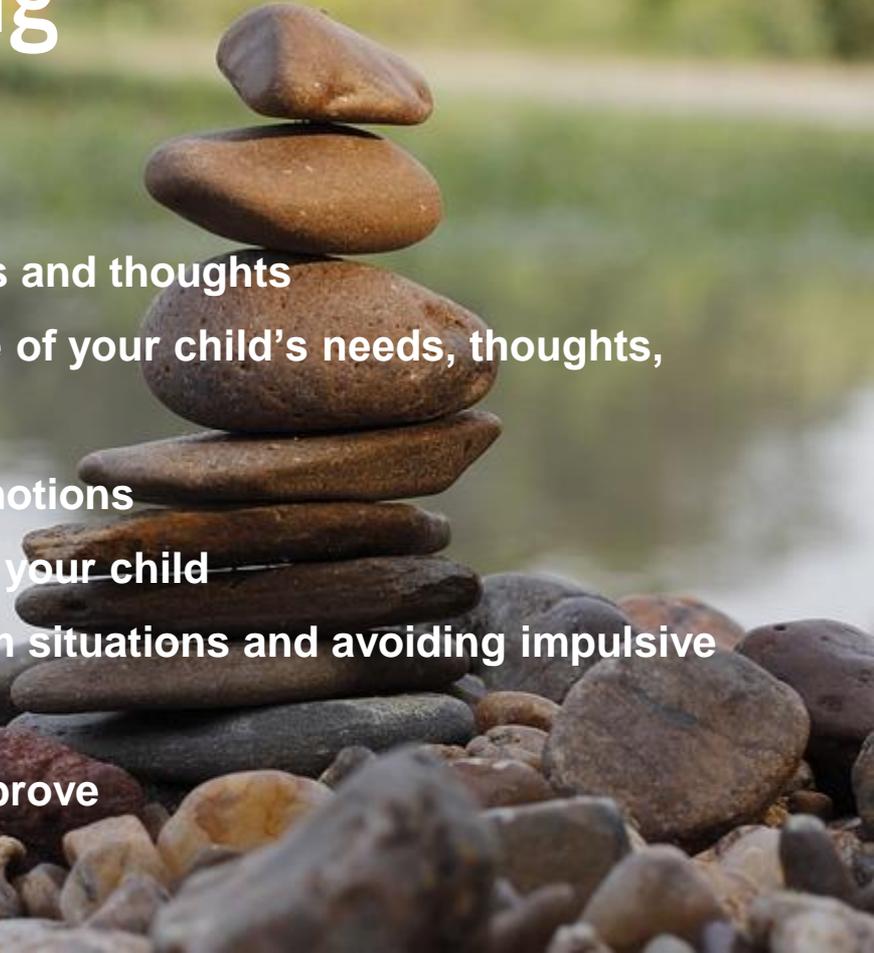
1. Reducing parental stress and resulting parental reactivity
2. Reducing parent preoccupation
3. Improving parental executive functioning in impulsive parents
4. Breaking the cycle of intergenerational transmission of dysfunctional parenting schemas and habits
5. Increasing self-nourishing attention
6. Improving marital functioning and co-parenting



# Mindful Parenting

## Benefits of mindful parenting:

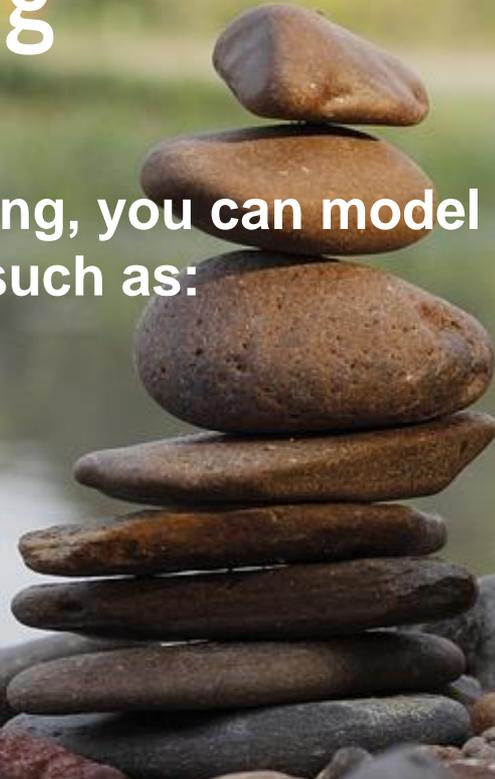
1. You become more aware of your feelings and thoughts
2. You become more aware and responsive of your child's needs, thoughts, and feelings
3. You become better at regulating your emotions
4. You become less critical of yourself and your child
5. You become better at standing back from situations and avoiding impulsive reactions
6. Your relationship with your child will improve



# Mindful Parenting

When you practice mindful parenting, you can model positive behaviors for your child, such as:

- Self-awareness
- Self-regulation
- Listening skills
- Compassion



# Mindful Parenting

## Mindful Parenting Steps:

1. Look. Try to non-judgmentally observe your current feelings about what is happening in the present moment with your child.
2. Stop. Try not to react impulsively. Instead, try to sit there with your feelings or emotions so that you can name and acknowledge them before responding.
3. Listen. Try to truly and actively listen to your child's perspective with compassion.



# Mindfulness



**Sticky notes:**

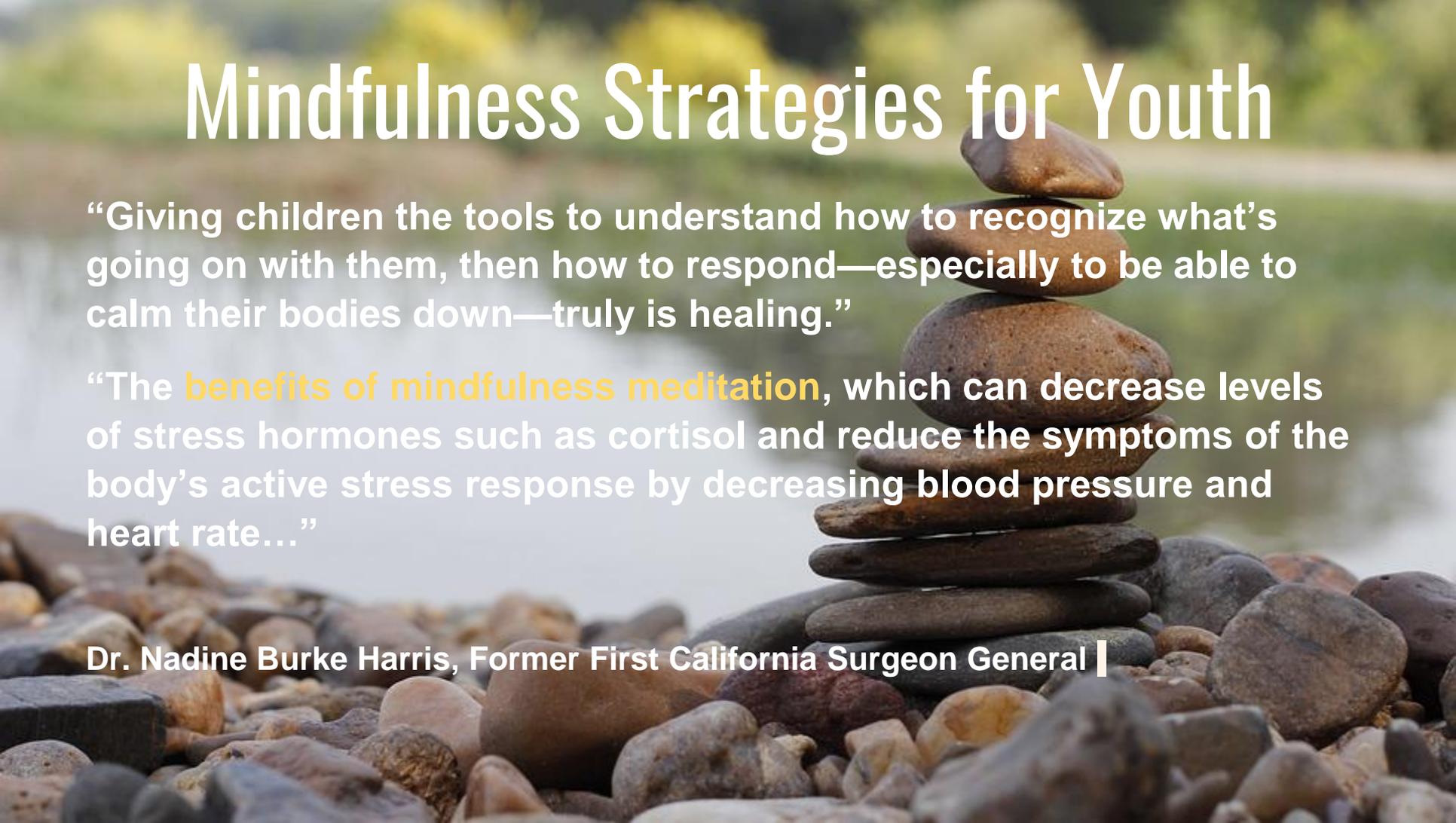
**1. Notice**

**2. Label**

**3. Accept**

**4. Breathe**

# Mindfulness Strategies for Youth

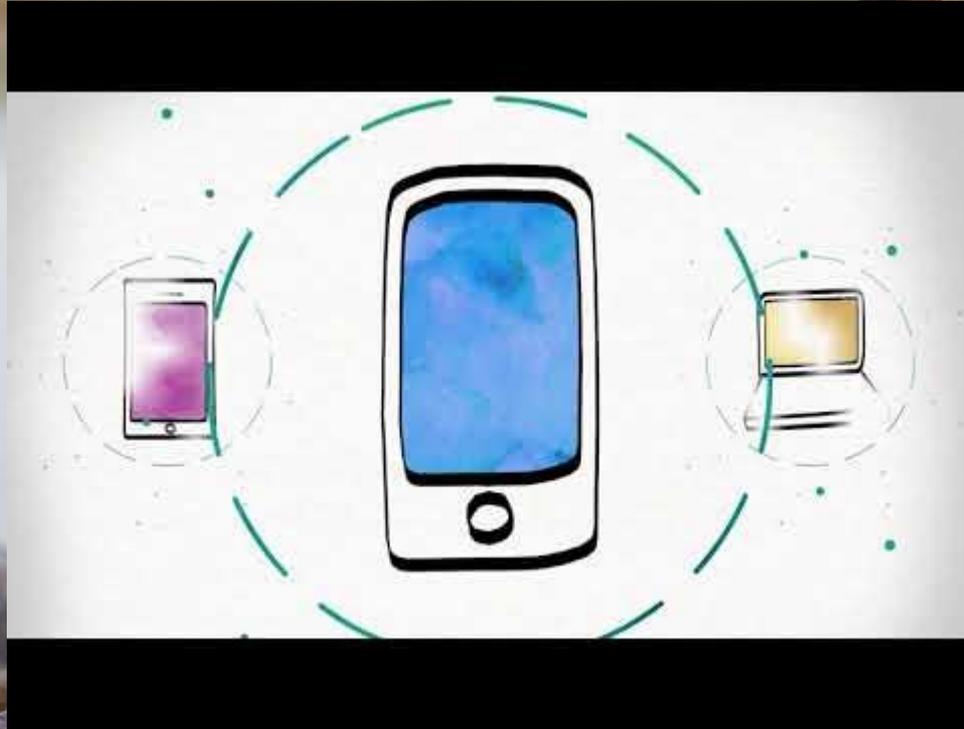
A stack of smooth, dark brown stones is balanced on a beach. The stones are of various sizes and are stacked in a vertical column. The background is a blurred beach scene with water and greenery.

“Giving children the tools to understand how to recognize what’s going on with them, then how to respond—especially to be able to calm their bodies down—truly is healing.”

“The **benefits of mindfulness meditation**, which can decrease levels of stress hormones such as cortisol and reduce the symptoms of the body’s active stress response by decreasing blood pressure and heart rate...”

Dr. Nadine Burke Harris, Former First California Surgeon General |

# Mindful Technology



# Mindfulness

## 5 Mindfulness Exercises You Can Do Anywhere



**BODY  
SCAN**



**MINDFUL  
SEEING**



**MINDFUL  
LISTENING**



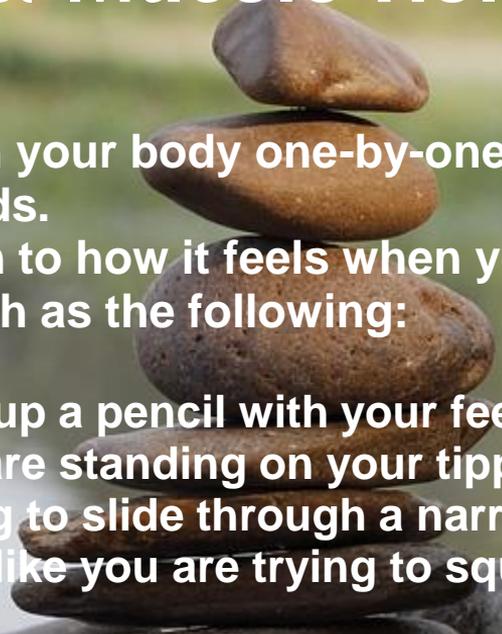
**MINDFUL  
BREATHING**



**5 SENSES  
EXERCISE**

# Mindful Body Scanning & Muscle Relaxation

- Sit in a comfortable position
- Squeeze and relax each of the muscles in your body one-by-one—each squeeze should last for about five seconds.
- After releasing the squeeze, pay attention to how it feels when you relax.
- It helps to visualize and use imagery, such as the following:
  1. Curl your toes tight like you are picking up a pencil with your feet.
  2. Tense your legs by pretending like you are standing on your tippy-toes
  3. Suck in your stomach as if you are trying to slide through a narrow opening.
  4. Make fists with your hands and pretend like you are trying to squeeze all of the juice out of an orange.
  5. Pretend like a bug landed on your nose, and you're trying to get it off without using your hands. Try to scrunch your face and move your jaw to make it fly away!



# Mindful Seeing

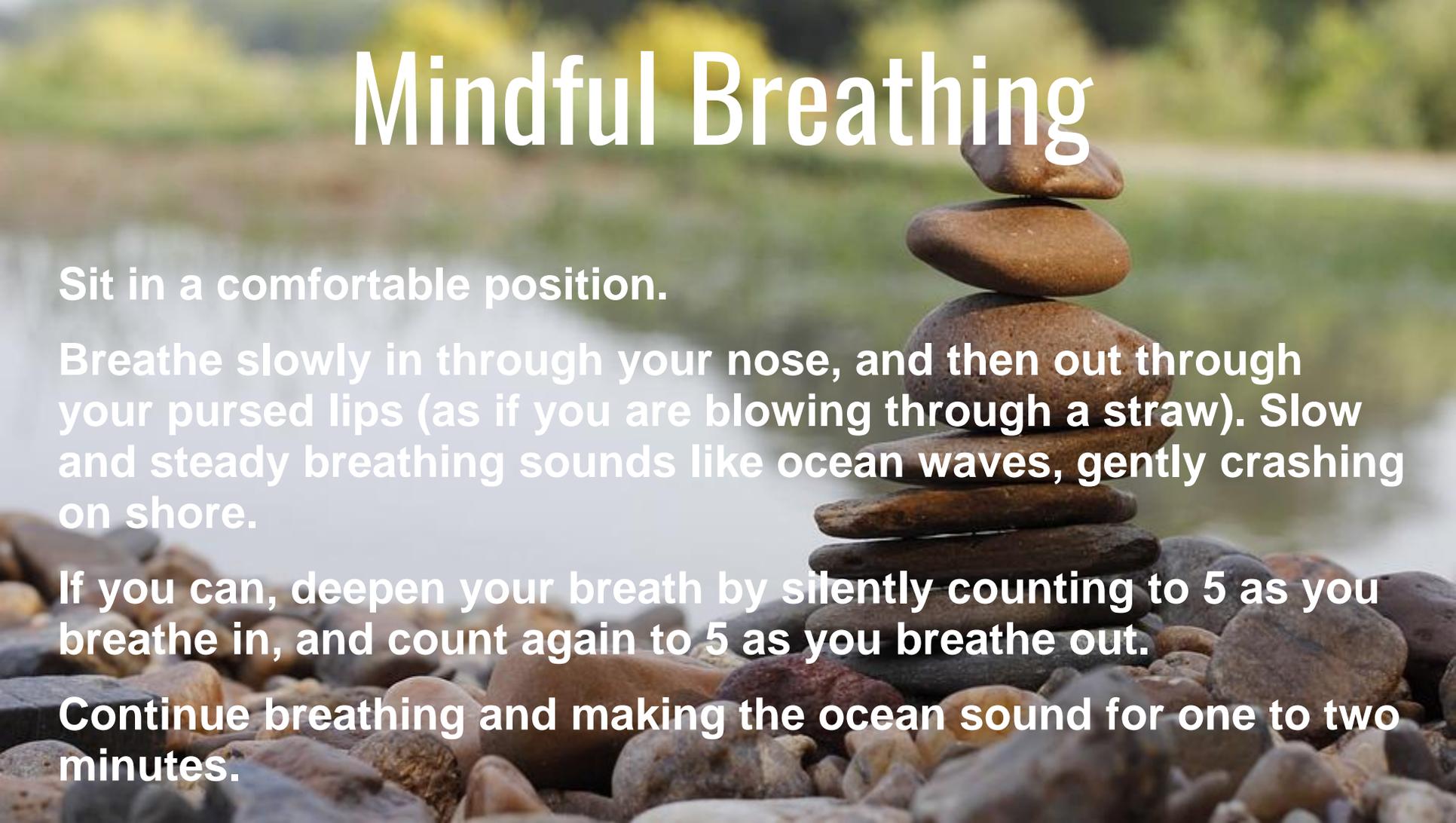
A stack of smooth, brown stones is balanced on a bed of smaller, darker stones. The background is a blurred landscape with water and greenery.

Take one minute silently looking around the room. Find things in the room that you did not notice earlier. Maybe there are some big things like a poster or a picture, or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute, share the most interesting new things you noticed.

# Mindful Listening



# Mindful Breathing



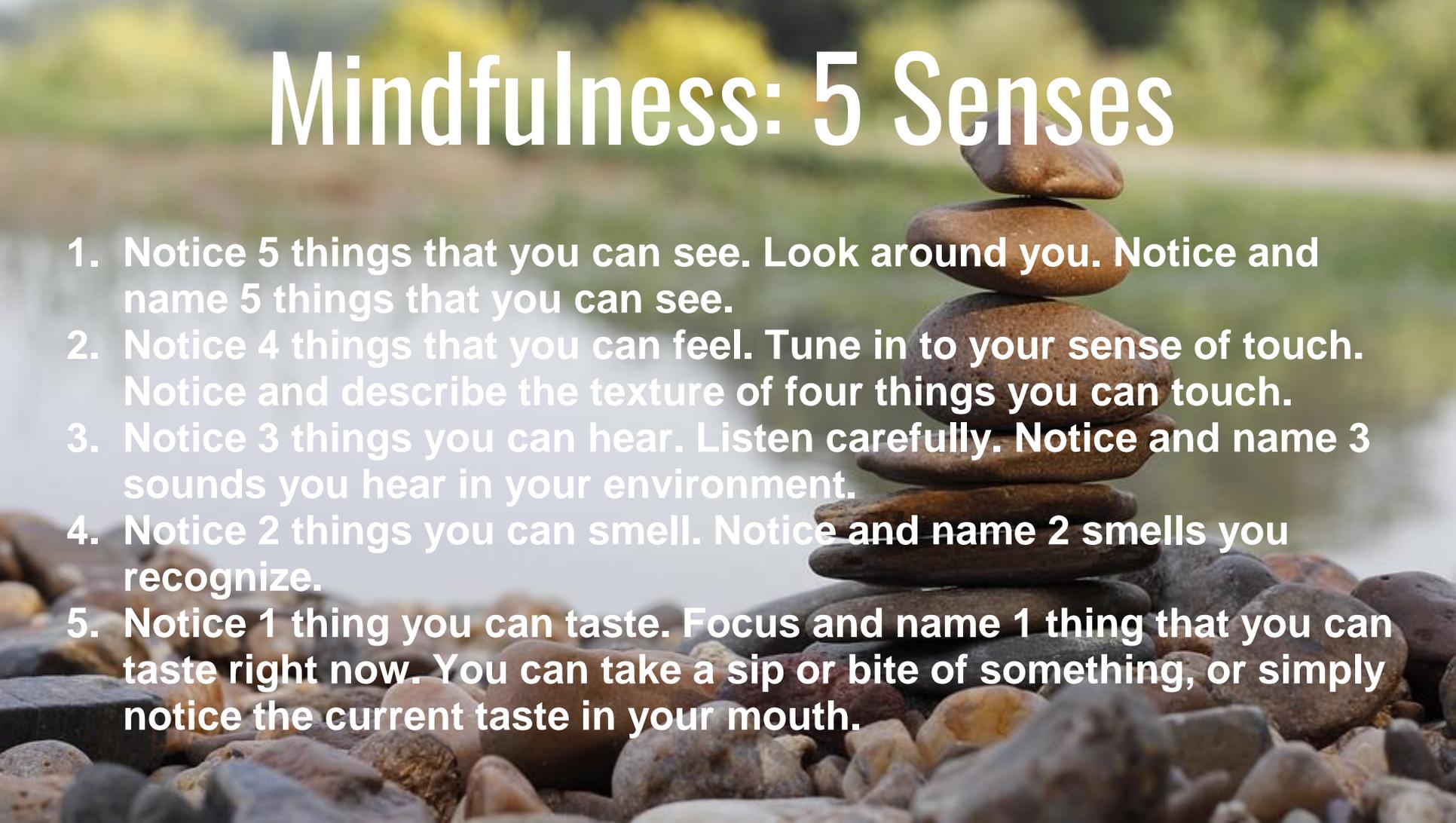
**Sit in a comfortable position.**

**Breathe slowly in through your nose, and then out through your pursed lips (as if you are blowing through a straw). Slow and steady breathing sounds like ocean waves, gently crashing on shore.**

**If you can, deepen your breath by silently counting to 5 as you breathe in, and count again to 5 as you breathe out.**

**Continue breathing and making the ocean sound for one to two minutes.**

# Mindfulness: 5 Senses



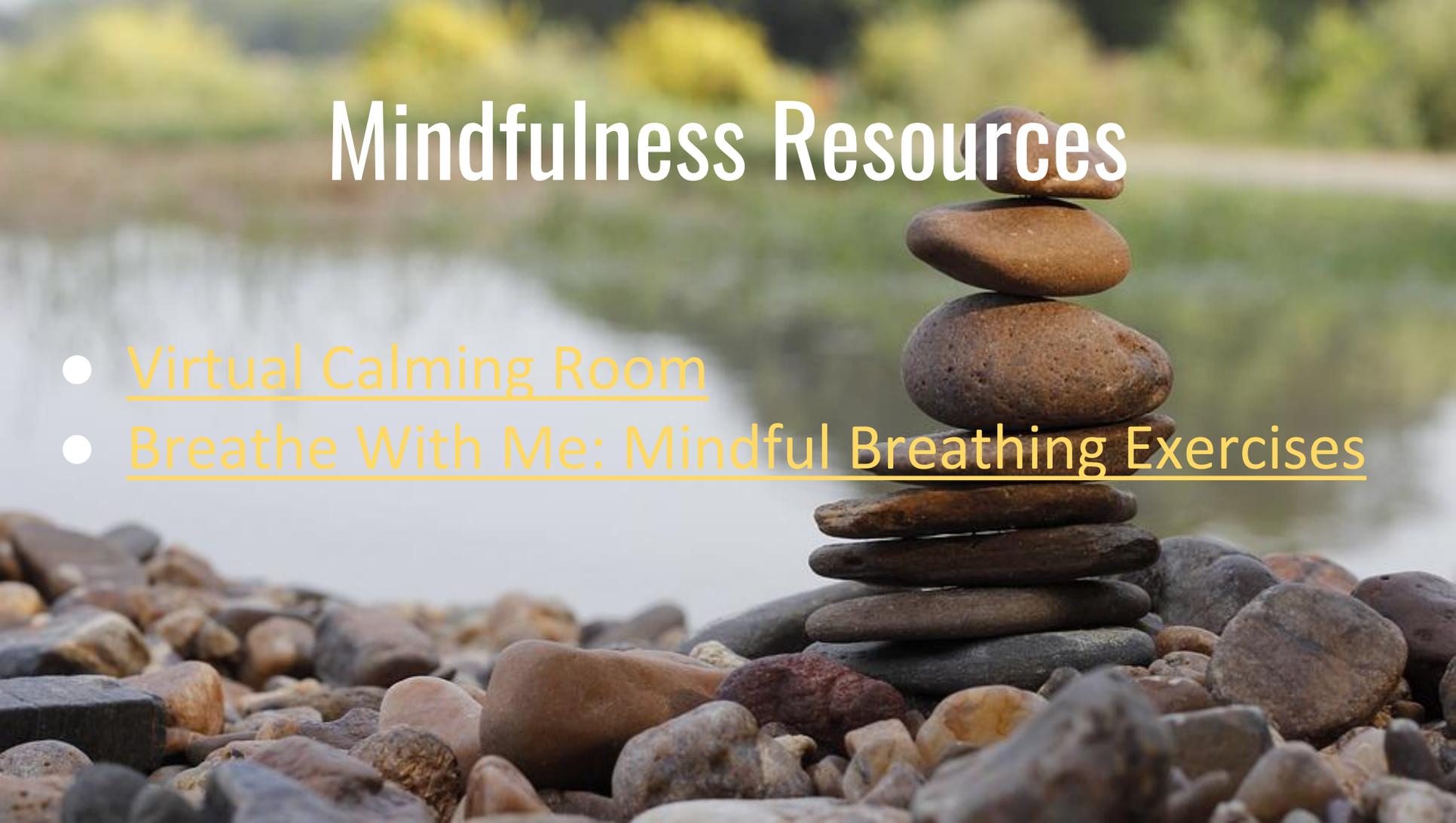
1. Notice 5 things that you can see. Look around you. Notice and name 5 things that you can see.
2. Notice 4 things that you can feel. Tune in to your sense of touch. Notice and describe the texture of four things you can touch.
3. Notice 3 things you can hear. Listen carefully. Notice and name 3 sounds you hear in your environment.
4. Notice 2 things you can smell. Notice and name 2 smells you recognize.
5. Notice 1 thing you can taste. Focus and name 1 thing that you can taste right now. You can take a sip or bite of something, or simply notice the current taste in your mouth.

# Mindfulness Resources

A stack of smooth, dark brown stones is balanced on a rocky shore next to a body of water. The stones are stacked vertically, with the top stone being the smallest and the bottom stone being the largest. The background is a blurred view of a river or lake with green foliage on the banks.

- [Mindfulness Exercises DBT](#)
- [OnBeing Podcast](#)
- [Classroom Wise](#)
- [Greater Good Science Center Podcast](#)
- [Headspace YouTube Channel](#)
- [CREATE](#)
- [3-Step Mindfulness Worksheet](#)

# Mindfulness Resources

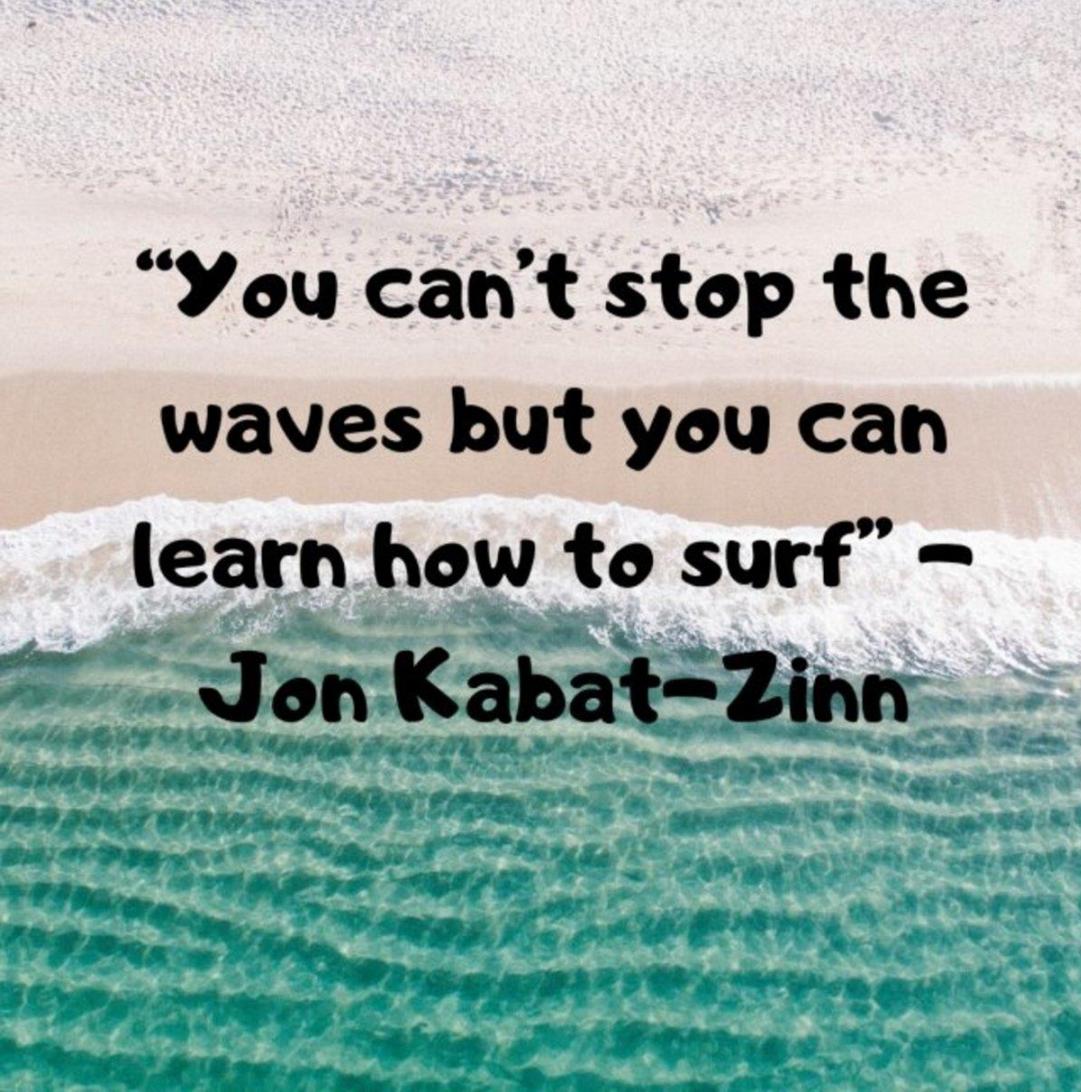
A stack of smooth, dark brown stones is balanced on a rocky shore next to a body of water. The stones are stacked in a vertical column, with the top stone being the smallest and the bottom stone being the largest. The background shows a blurred view of water and greenery, suggesting a peaceful outdoor setting.

- [Virtual Calming Room](#)
- [Breathe With Me: Mindful Breathing Exercises](#)

# Online Resources to support your Resilience



- [CHOC Resilience Toolkit](#)
- [CHOC ACEs in Children and Adolescents](#)
- [Providence Mission Hospital South OC - Raising Healthy Teens](#)
- [PACEs Connection Handouts for Parents](#)
- [ACEs Prevention Strategy from Center for Disease Control \(CDC\)](#)
- [PACEs Science 101](#)
- [Triple P - Parenting Program in Orange County](#)
- [After a Crisis: OCDE What parents can do to help children cope with feelings](#)



**“You can’t stop the  
waves but you can  
learn how to surf” –  
Jon Kabat-Zinn**

**THANK YOU!**

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