



8-week Mindful Parenting

How to meet the joys and stresses of parenting full-heartedly,
fostering deeper connections with our children.

“**Mindfulness** is the awareness that arises through paying attention, on purpose, to the present moment, non-judgmentally. It is practiced in the service of self-understanding and wisdom.” ~ Jon Kabat-Zinn.

This evidence-based 8-week programme is developed by Professor Susan Bögels and Kathleen Restifo of the Netherlands. It places the practices and attitudes of mindfulness at the heart of parent-child interactions. Through everyday examples, we learn how to get unstuck from old patterns, and parent from a calmer, more compassionate and loving place. We practice how to listen with full attention, cultivate compassion, non-judgmental acceptance and emotional awareness of self and child; and promote self-regulation in the parenting relationship.

Class themes

1. Automatic Parenting
2. Beginner's Mind Parenting
3. Reconnecting with Our Body as a Parent
4. Responding versus Reacting to Parenting Stress
5. Parenting Patterns and Schemas
6. Conflict and Parenting
7. Love and Limits: Cultivating and Setting Limits
8. Are we there yet? A Mindful Path Through Parenting

This course is suitable for parents

- who are experiencing stress, especially suitable for parents of children with special education needs and/or psychological distress
- who would like to enhance their wellbeing
- with or without prior experience with mindfulness

Format:

- 8 weekly classes, 2 hours each; daily home practice for 30-45 minutes
- Attendance at pre-course introduction is required

Venue for pre-course introduction and classes

The Alpha Wellbeing Centre, room 605, Printing House, 6 Duddell Street, Central, Hong Kong.