

A photograph of a dense forest with sunlight filtering through the trees, creating a lens flare effect. The sun is positioned on the left side, casting a bright glow and a vertical streak of light across the scene. The trees are tall and thin, with their leaves creating a textured canopy. The overall atmosphere is peaceful and natural.

Take a Mindful Minute
for Parents

“Ring the bells that can still ring
Forget your perfect offering
There is a crack in everything
That’s how the light gets in”

~ Leonard Cohen

Mindfulness, the practice of living your life with awareness, attention and intention, is rooted in developing a deep connection to your breath. This naturally draws you back into the present moment, increases your mind/body connection and allows you to be in greater relationship to your thoughts, feelings and emotions. When being mindful you strive to view yourself and others in a non-judgmental way and compassionately attend to whatever arises in the moment.

Mindful parenting is a life-long practice. Every moment, you are given the opportunity to practice listening with awareness, responding with presence and acting with intention, wisdom and love. Being a mindful parent is about recognizing and honoring your child’s sovereignty, while being an unconditional source of love and parenting consciously from your core values. This means being aware of, and respecting, your child’s true nature, their inherent sense of self and their uniqueness. The goal is to see your child for who they actually are, rather than who you think they are, or who you think they should be. Moving beyond the veils of your own experiences and expectations, while becoming fully present and open, enables your children to fully experience themselves in the present, and grow into the person they are meant to be.

The following reflections and quotes are tools to help you practice being a mindful parent.



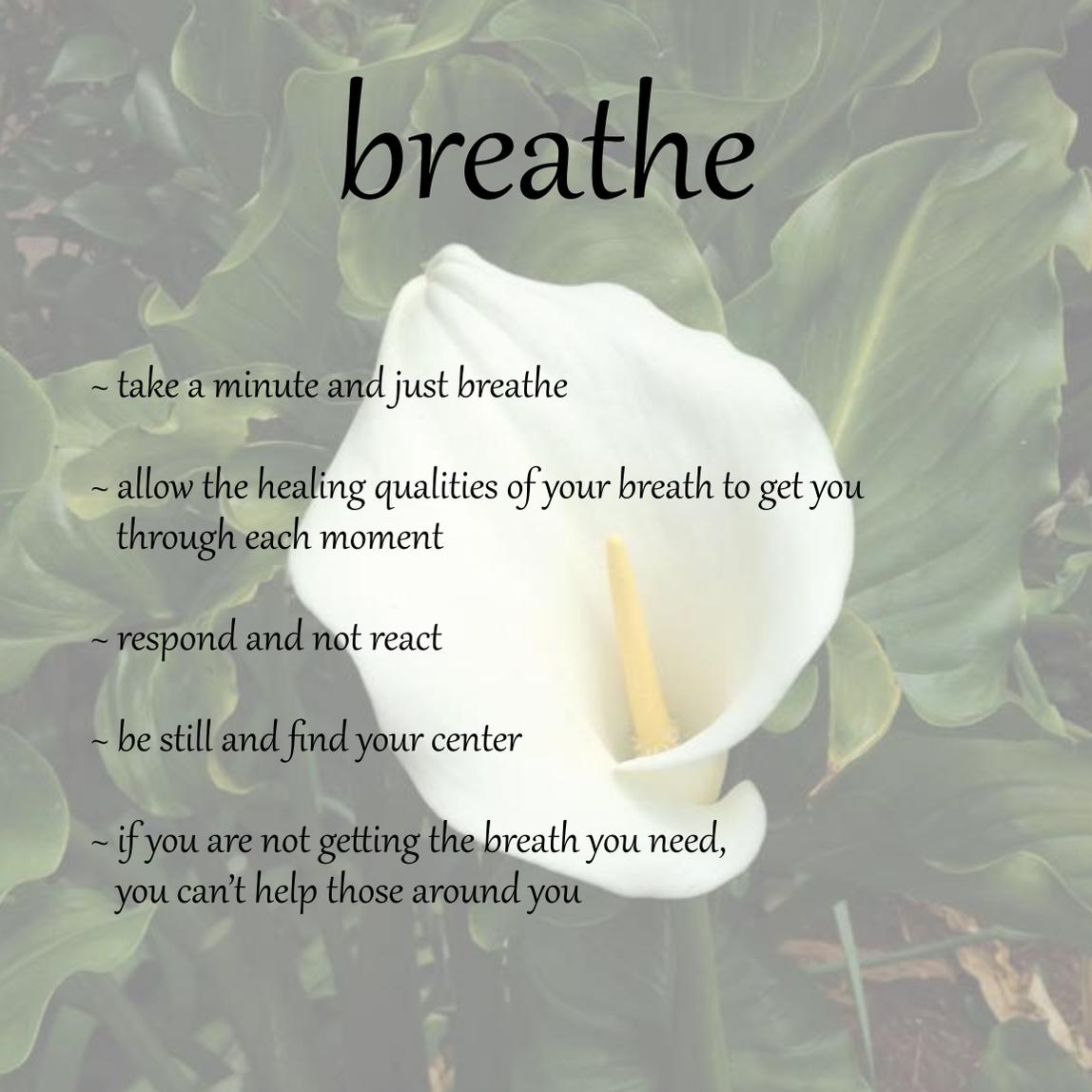
Joree Rose

JOURNEY FOWARD to living
your best, most fulfilling life!

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Joree Rose has a Master’s in Counseling Psychology, is a Licensed Marriage and Family Therapist, in Northern California, as well as a published author. Joree has a passion for guiding people on how to bring mindfulness into their parenting, relationships and daily life so they can JOURNEY FORWARD to live fully and freely. She does 1:1 coaching, online classes and leads retreats around the world. Join our growing tribe! xo

breathe



- ~ take a minute and just breathe*
- ~ allow the healing qualities of your breath to get you through each moment*
- ~ respond and not react*
- ~ be still and find your center*
- ~ if you are not getting the breath you need, you can't help those around you*

be present

- ~ don't ruminate over the past or worry about the future
 - be here now
- ~ put down your digital device
- ~ make eye contact
- ~ validate your child's thoughts, emotions and experiences
- ~ each moment is a new opportunity to strengthen connections

practice

- ~ parent consciously, with intention and guidance
- ~ acknowledge when you get “caught up” in unskillful, habitual patterns of reacting
- ~ role model the behaviors you wish to see
- ~ mindful parenting is a way of being, rather than a philosophy of doing
- ~ recognize and honor your child’s uniqueness

communication

- ~ send messages of loving-kindness to yourself and your child every day
- ~ have congruency with your words, thoughts and actions
- ~ everyone, including you, just wants to be heard, understood and validated
- ~ pay attention to the tone and intention of your words
- ~ see your children clearly, listen without judgment, and touch with love and intention

compassion

A serene garden scene featuring a large, smooth, grey stone in the foreground. To the right, a small, weathered Buddha statue sits in a meditative pose on a dark rock. The background is filled with lush green plants and a large tree trunk. The overall atmosphere is peaceful and contemplative.

- ~ parent with compassion and empathy
- ~ create a culture of gratitude in your home
- ~ be kind to yourself; this is hard
- ~ each moment has the potential to open your eyes and your heart
- ~ trust the natural intuition in your body

letting go

- ~ the goal of parenting is to raise a secure, confident, well-adjusted adult; a happy childhood is a bonus
- ~ you have limited responsibilities in the experiences of others
- ~ accept your children just as they are and love them unconditionally
- ~ the only one you have power over, and have the highest duty to, is your future self
- ~ life is unfolding exactly as it should



Take a Mindful Minute
for Teenagers

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

~ Anais Nin

Mindfulness is about being aware of what is going on inside of you and what is going on around you. It is not agonizing about the past or worrying about the future, but rather noticing what is happening right now. Increasing your awareness gives you more control of this moment and helps you let go of fears, worries and anxieties, all of which help you find greater peace, joy and calm.

A mindfulness practice is rooted in deep breathing techniques. Focusing on your breath is naturally calming and also gives you the opportunity to respond, and not react, to whatever is arising. Being mindful helps you slow down, connect with your body and decide how you want to proceed with intention. Mindfulness encourages having compassion for yourself (and others) as well as focusing on gratitude, which can be beneficial when things aren't going your way. When practicing mindfulness, you learn to trust your intuition and honor your experiences, all of which help you grow into the person you are supposed to become.

The following reflections and quotes are tools to help you practice living a mindful, authentic life.



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breathe

~ take a minute and just breathe

~ inhale . exhale . now do it again

~ slow down

~ be in this moment ... and this one ... and this one ...

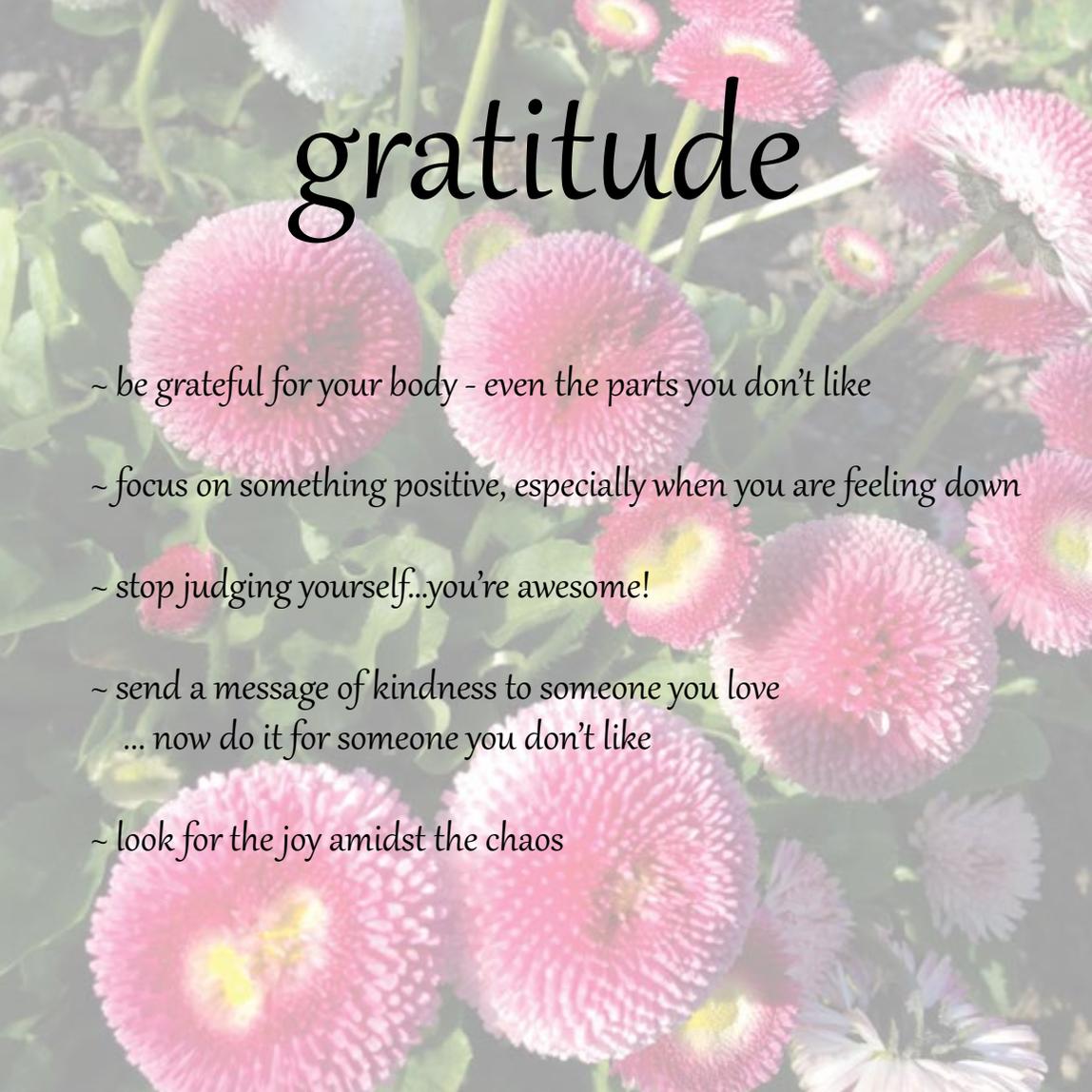
*~ as long as you're breathing, there is more right
with you than wrong with you*

awareness

- ~ actually taste your food
- ~ listen with an open mind
- ~ communicate with intention
- ~ look as if you are seeing for the first time
- ~ use the sounds of texts you receive
as a reminder to be in the moment

believe

- ~ focus on “what is ...” rather than “what if ...”
- ~ your thoughts are not your reality
- ~ make choices with awareness
- ~ you have the power to use your mind to change your brain and your body
- ~ trust the messages your body is sending you; your intuition is usually right



gratitude

- ~ be grateful for your body - even the parts you don't like
- ~ focus on something positive, especially when you are feeling down
- ~ stop judging yourself...you're awesome!
- ~ send a message of kindness to someone you love
... now do it for someone you don't like
- ~ look for the joy amidst the chaos

acceptance

- ~ acknowledge, and then let go of, what is holding you back from being your best self
- ~ this feeling won't last forever; it's just how you feel right now
- ~ you are perfect exactly as you are
- ~ seeing your fears for what they are, and what they are not, allows them have to less control over you
- ~ you are exactly where you are supposed to be

authenticity

A photograph of a wooden staircase leading down a mossy forest path towards a stream. The text 'authenticity' is overlaid at the top in a large, black, cursive font. Below it, five lines of text are listed, each preceded by a tilde symbol (~). The background is a soft-focus forest scene with moss-covered rocks and a stream.

~ believe in yourself

~ honor your experience

~ speak your truth

~ appreciate your journey

~ trust that your path is unfolding exactly as it should