

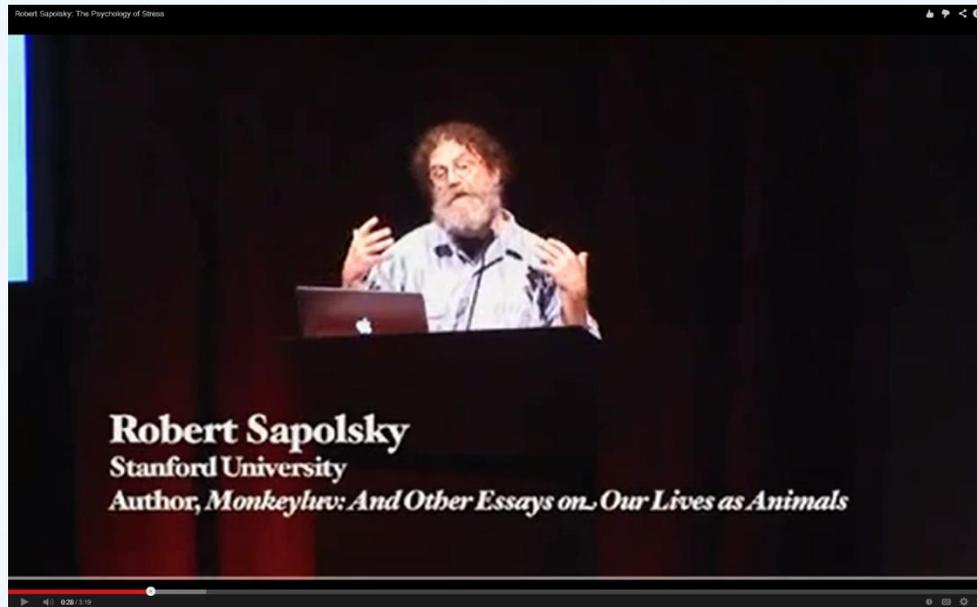


\* **Mindfulness and  
Mindful Parenting**

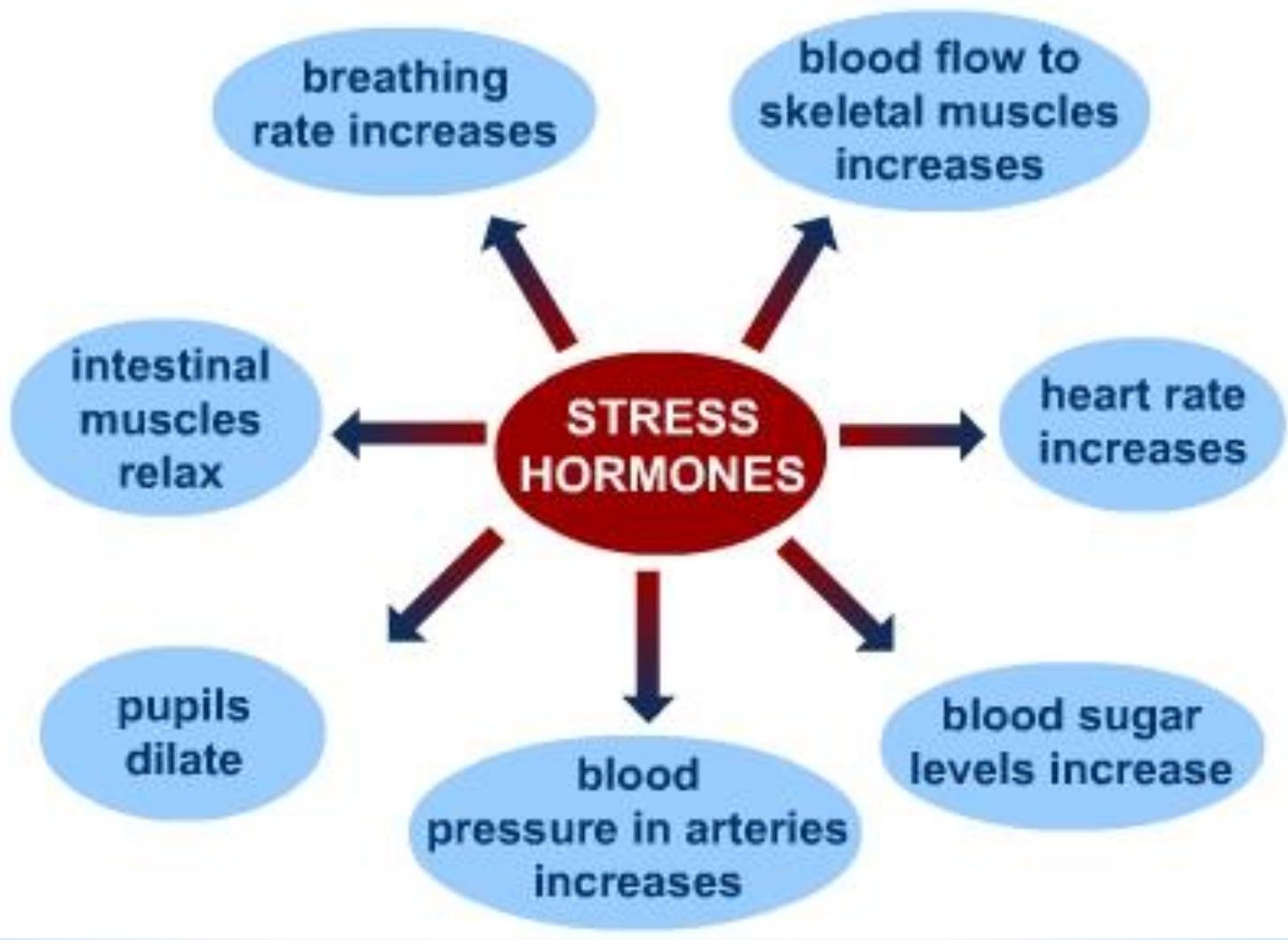
Caroline Hexdall, Ph.D. and Anne Wheeler, Ph.D.  
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**\*What do you know  
about mindfulness?**

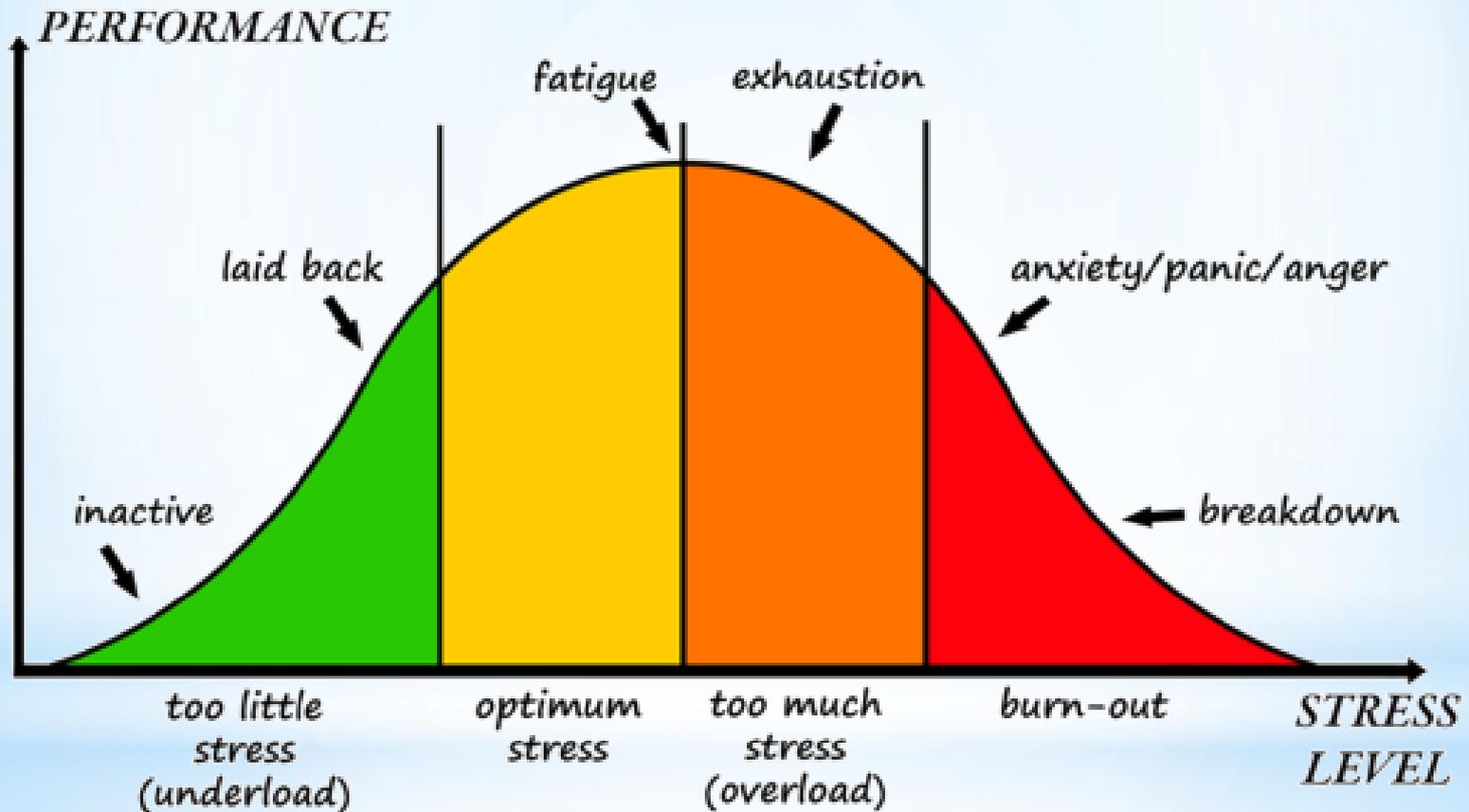
\* <http://youtu.be/bEcdGK4DQSg>



# \* The Psychology of Stress



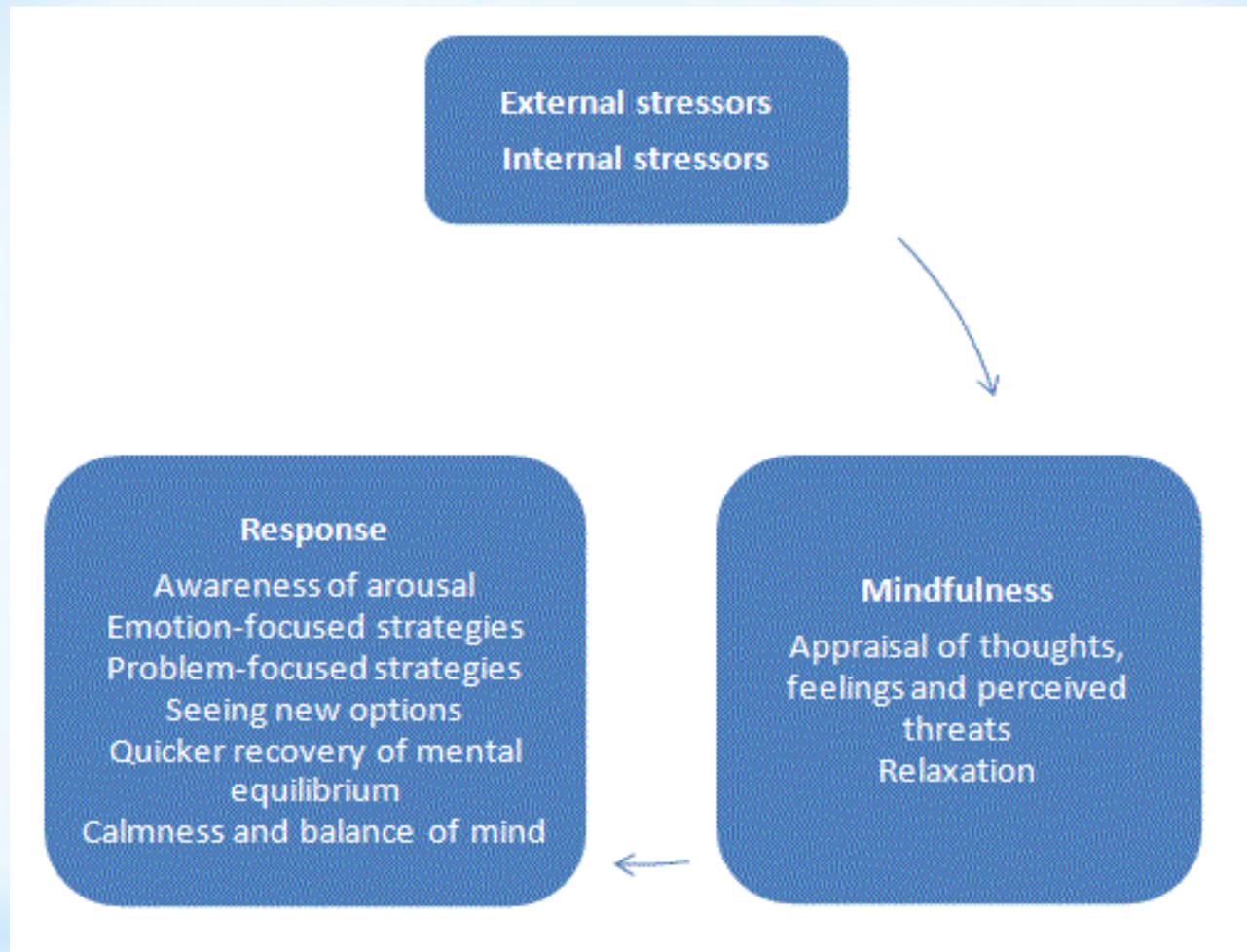
## STRESS CURVE



Mindfulness  
beats stress.  
**Every time.**

UPMC HEALTH PLAN

\* Ahhhhhhh...



\*Why mindfulness works

- \* Being present in a way that is open, attentive, non-judgmental and aware.
- \* Paying attention to the present moment when thoughts, feelings and sensations are accepted as they are, without judgment or opinions being made about them.

**\* What IS mindfulness?**

Mindfulness-based interventions have 5 goals (Siegel, 2007):

1. Increase non-reactivity to inner experience (e.g. perceiving feelings without having to react to them)
2. Assist with observing/noticing/attending to sensations, perceptions, thoughts, feelings
3. Increase acting with awareness (not on automatic pilot), and concentration
4. Increase ability to describe/label experiences with words
5. Increase non-judgment of experience (not criticizing oneself for irrational or inappropriate emotions).

**\* Mindfulness Based Interventions**

- \* Decreases in pain experienced in fibromyalgia (Lauche et al., 2013)
- \* Improvements in sleep quality (Salmoirago-Blotcher et al., 2013)
- \* Improvements in dietary behaviors (Salmoirago-Blotcher et al., 2013)
- \* Reduced complications in cancer treatment (Shneerson et al., 2013)
- \* Improved cognition in individuals with neurodegenerative disease (Newberg et al., 2013)

# \* Research on Mindfulness Physical Health

- \* Decreased depression
- \* Decreased anxiety
- \* Decreased substance abuse relapse
- \* Increased positive health
- \* Increased hope and optimism

(See Mars et al., 2013 for review)

# \* Research on Mindfulness Mental Health

 **Examples of mindful experiences**

\* Examples of  
“unmindful”  
experiences

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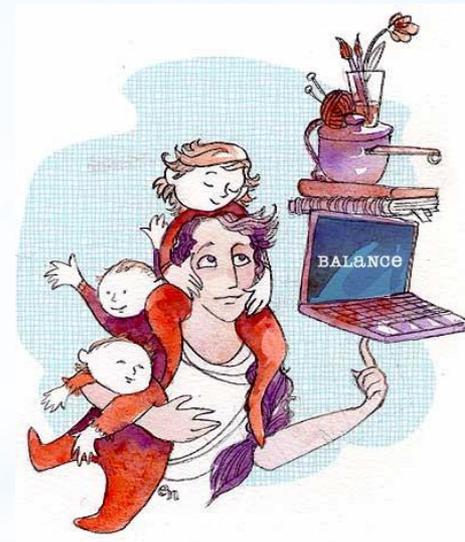
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\***Mindfulness**

\*Experiencing the  
raisin



# \* Mindful Parenting

- \* “Mindful parenting is an ongoing creative process, not an end point....it is an on-going practice that can grow to include:
  - \* Greater awareness of a child’s unique nature, feelings and needs
  - \* A greater ability to be present and listen with full attention
  - \* Recognizing and accepting things as they are in each moment, whether pleasant or unpleasant
  - \* Recognizing one’s own reactive impulses and learning to respond more appropriately and imaginatively, with greater clarity and kindness”

--Myla and Jon Kabat-Zinn

# \* Mindful Parenting

- \* Reduces parenting stress in parents of children with chronic conditions (Minor, Carlson, MacKenzie, Zernicke, & Jones., 2006)
- \* Reduces mood disturbance in parents of children with autism (Blackledge & Hayes, 2006).
- \* Reduces aggression and increases social behaviors in typically developing children (Singh et al., 2006) and children with developmental disabilities (Singh et al., 2007)
- \* Reduces likelihood of abuse (Dawe & Harnett, 2007)
- \* Increases parent-child relationship quality (Coatsworth et al., 2010)
- \* Increases happiness in both caregiver and child (Singh et al., 2004)

# \* Research on Mindful Parenting

\* “Child as a raisin” experience

\* Experiencing the  
“raising”

- \* Put the phone down
- \* Find your breath or your eyebrows
- \* Describe to yourself what IS happening rather than what COULD happen
- \* Describe to your child what he or she IS doing
- \* Go slow

# \* Mindful Parenting 101

\* Our expectations  $>$  or  $<$  reality =  
“the gap”

\* Mindfulness as a path to  
acceptance of what is

\* “Mind the gap”

**\* Mindfully parenting  
infants and toddlers**



\* Mindfully parenting  
Preschoolers

**\* Mindfully parenting  
Early School Age**

\* Mindfully parenting  
Later school age

**\* Mindfully parenting  
Adolescents**

- \* UNC Mindfulness Program (including mindful parenting and mindfulness for teens programs)  
<http://www.med.unc.edu/phyrehab/pim/mindfulness-program>
- \* Duke Center for Integrative Medicine  
(www.dukeintegrativemedicine.org)
- \* Center for Mindful Development  
(www.mindfuldevelopment.com)

## \* Local Resources

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\* Questions?