

Mindfulness Matters

While I will be teaching your child Mindfulness Skills, I want you to be Mindful of our time together.

-This is a drop off class for your child. If you think your child might have a difficult time we can talk about this ahead of time and make a plan together.

-If your child is potty trained, have them try to go before the session. If they are in a pull up/diaper, please make sure they are changed before coming. I have a bathroom they may use if needed, however, I want to spend my time teaching your child and having fun.

-If your child isn't feeling well please keep them home. If they miss a session I can try to fit them into another one if there is an opening.

-When your child arrives we will either wash hands/use a wipe/hand sanitizer and then gather together to start our session.

-When the session ends your child will get a sticker/stamp and be ready to go.

-Questions/Concerns-Please let me know.

