

Mindful Parenting

For more parenting tips go on www.hangNthere.com

By Patricia Gage, PhD and Gina Penaflo, MD

Ask yourself:

- Do I know what my child's strengths and gifts are?
- Am I looking at my child's strengths or over focusing on his/her weaknesses?
- Am I being too tough or too critical of my child?
- Am I too tough on myself?
- How flexible am I?
- Am I devoting a lot of my attention to my child's negative behavior that I'm reinforcing it?
- Am I noticing my child's positive behavior and praising his effort often enough?
- Am I talking more than showing my child what I want him to do?
- Am I a patient and good listener?
- Am I encouraging my child to ask good questions?
- What am I doing to establish trust in my relationship with my child and a sense of safety and comfort?
- Do I try to anticipate my child's basic needs such as fatigue, hunger, overstimulation and attend to them consistently?

- Are my expectations for my child's academic work and behavior realistic relative to his age and cognitive abilities
- Do I appreciate myself and trust my judgment when I make decisions for my child?
- Do I have people in my life that I can talk to and count on them for their support?

