

Curriculum Framework on Parent Education (Kindergarten)

Mindful Parenting

Instructor Guide**1. Objectives of the Session:**

By the end of the session, participants will be able to:

- a. Understand the concept of mindfulness and mindful parenting; and
- b. Learn to practise the skills of mindfulness.

2. Procedure (90 minutes in total)

Section	PPT Page No.	Time	Objective	Content	Resources
1	Slides 1-2	5 mins	Allow participants to understand the objectives of the session	<ul style="list-style-type: none"> ● Instructor presents the objectives of the session. 	PPT slides
2	Slides 3-7	15 mins	Increase awareness of the parental challenges	<ul style="list-style-type: none"> ● Sharing <ul style="list-style-type: none"> ➢ 3 challenges in the parenting process ➢ 3 strengths of being a parent 	PPT slides, Notes for Parents
3	Slides 8-25	20 mins	Practise stress-relieving techniques	<ul style="list-style-type: none"> ● Reflective exercise: “<i>Selective attention</i>” <ul style="list-style-type: none"> ➢ What is mindfulness? ➢ Core concepts of mindfulness: <ol style="list-style-type: none"> i. Attention ii. Present-focused awareness iii. An accepting or open attitude iv. A non-judgmental approach v. Compassion for self and others 	PPT slides, Notes for Parents

Section	PPT Page No.	Time	Objectives	Content	Resources
4	Slides 26-33	30 mins	Allow participants to learn the concept of mindfulness	<ul style="list-style-type: none"> ● Reflective exercise: “<i>Mindful eating</i>” <ul style="list-style-type: none"> ➤ Instructor leads the raisin meditation exercise. ➤ The exercise requires participants to focus one’s mind on the present moment using all senses - what people can see, hear, smell, taste and touch. The idea is that by focusing all the attention on the tiny raisin, people help to bring their mind into the moment and train them to notice the present. ➤ Instructor debriefs with the participants on how this exercise can inspire the parental life. ● Concepts and skills related to mindful parenting: <ul style="list-style-type: none"> ➤ What is mindful parenting? ➤ Skills in mindful parenting: <ol style="list-style-type: none"> i. Listening: This means truly listening and observing with full attention. ii. Non-judgmental acceptance: It refers to approaching the situation without judgment for your feelings or your child’s feelings. Non-judgmental also involves letting go of unrealistic expectations of the child. 	PPT slides “Raisin Meditation Script” provided in the Instructor Guide, Notes for Parents

Section	PPT Page No.	Time	Objectives	Content	Resources
4 (continued)	Slides 26-33			<p>iii. Emotional awareness: Bringing about awareness to parenting interactions extends from the parent to the child and back. Modeling emotional awareness is key to teaching the child to do the same. There are always emotions affecting situations, whether they were formed a long time ago or are more fleeting.</p> <p>iv. Self-regulation: This means not letting the emotions trigger immediate reactions, like yelling or other automatic behaviours. In short: It is thinking before acting to avoid overreacting.</p>	
5	Slides 34-37	15 mins	Allow participants to learn the practice of mindful compassion	<ul style="list-style-type: none"> ● Reflective exercise: “<i>Compassion meditation</i>” <ul style="list-style-type: none"> ➢ Instructor leads the meditative exercise ● Concepts and skills related to mindful compassion: <ul style="list-style-type: none"> ➢ What is compassion in mindful parenting? ➢ Skills in mindful parenting: <p>Compassion: Parents may not agree with the child’s actions or thoughts, but mindful parenting encourages parents to have compassion. This involves being empathetic and understanding for the child’s position in the moment. Compassion extends to the parent as well, as there is ultimately less self-blame if a situation doesn’t turn out as parents hoped.</p> 	PPT slides, “Compassion Meditation Script” provided in the Instructor Guide, Notes for Parents

Section	PPT Page No.	Time	Objectives	Content	Resources
6		5 mins	Conclusion	<ul style="list-style-type: none"> ● Summary ● Q & A ● Participants complete evaluation forms 	

References:

Race, K. (2014). *Mindful parenting: Simple and powerful solutions for raising creative, engaged, happy kids in today's hectic world*. New York: St. Martin's Griffin.

Neff, K. (2011). *Self-compassion: The proven power of being kind to yourself*. New York: Harper Collins.

Kabat-Zinn, J. (2013). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Bantam.

Raisin Meditation (Script)

1. Time Required

Five minutes daily for at least a week. Evidence suggests that mindfulness increases the more you practise it.

2. Process

Holding

First, take a raisin and hold it in the palm of your hand or between your finger and thumb.

Seeing

Take time to really focus on it; gaze at the raisin with care and full attention — imagine that you've just dropped in from Mars and have never seen an object like this before in your life. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.

Touching

Turn the raisin over between your fingers, exploring its texture. Maybe do this with your eyes closed if that enhances your sense of touch.

Smelling

Hold the raisin beneath your nose. With each inhalation, take in any smell, aroma, or fragrance that may arise. As you do this, notice anything interesting that may be happening in your mouth or stomach.

Placing

Now slowly bring the raisin up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the raisin in your mouth; without chewing, noticing how it gets into your mouth in the first place. Spend a few moments focusing on the sensations of having it in your mouth, exploring it with your tongue.

Tasting

When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in your mouth and how these may change over time, moment by moment. Also pay attention to any changes in the object itself.

Swallowing

When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the raisin.

Following

Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how your body as a whole is feeling after you have completed this exercise.

Compassion Meditation (Script)

Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind and see if you can actually feel the stress and emotional discomfort in your body.

Now, say to yourself:

1. This is a moment of suffering

That's mindfulness. Other options include:

- This hurts.
- Ouch.
- This is stress.

2. Suffering is a part of life

That's common humanity. Other options include:

- Other people feel this way.
- I'm not alone.
- We all struggle in our lives.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

Say to yourself:

3. May I be kind to myself

You can also ask yourself, "What do I need to hear right now to express kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as:

- *May I give myself the compassion that I need*
- *May I learn to accept myself as I am*
- *May I forgive myself*
- *May I be strong*
- *May I be patient*

This practice can be used any time of day or night and will help you remember to evoke the three aspects of self-compassion when you need it most.