

Mindful Parenting Resources

Books Related to Mindful Parenting

1. Bailey, Michelle L.: Parenting your Stressed Child
2. Bell-Devaney, Geoff: A Mindful approach to Parenting
3. Bertin, Mark: The Family ADHD Solution
4. Hawn, Goldie: 10 Mindful Minutes
5. Kabat-Zinn, Jon and Myla: “Everyday Blessings”
6. Maloney, Raelynn: “Waking Up: A Parent’s Guide to Mindful Awareness and Connection
7. McMurry, Christopher: “Parenting Your Anxious Child with Mindfulness and Acceptance”
8. Naphthali, Sarah: “Buddhism for Mothers of Young Children
9. Ohye, Bonnie: “Mothering from the Heart”
10. Placone, Pilar M.: Mindful Parent Happy Child
11. Rogers, Scott: “Mindful Parenting”
12. Roy, Denise: “MOMfulness”
13. Siegel, Daniel J. and Hartzell, Mary : “Parenting from the Inside Out”
14. Siegel, Daniel J.: The Whole Brain Child
15. Vieten, Cassandra: Mindful Motherhood

Books Related to Mindfulness for Children and Adolescents

1. Biegel, Gina: “ Mindfulness-Based Stress Reduction Workbook for Teens”
2. Case, Karen I., Proulx-Schirduan, Victoria and Shearer, C. Branton: “Mindful Education for ADHD Students Thich Nhat Hanh. Planting Seeds: Practicing Mindfulness with Children
3. Fisher Huck, Laurie: “Meditation for Kids”
4. Fontana, David and Slack, Ingrid: “Teaching Meditation to Children”
5. Greco, Laurie A. and Hayes, Steven C: “Acceptance & Mindfulness Treatments for Children & Adolescents
6. Lark, Liz: “Yoga for young people”
7. Greenland, Susan Kasier: “The Mindful Child”
8. Langer, Ellen J: “The Power of Mindful Learning”
9. Lantieri, Linda: “Building Emotional Intelligence”
10. Lark, Liz: “Yoga for kids”
11. Schoeberlein, Deborah: “Mindful Teaching and Teaching Mindfulness”
12. Wood Vallely, Sarah: “Sensational Meditation for Children”

References: Research in Mindful Parenting

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Create Mindful Moments Everyday

Raelynn Maloney

<http://www.mindfulground.com/create-mindful-moments-everyday-by-raelynn-maloney-ph-d/>

Do You Discipline on Auto-Pilot?

Tina Bryson

<http://tinabryson.com/2011/05/31/562/>

Mindful Parenting: Preventative Care for Children

Elisha Goldstein

http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=42459&cn=82

How to Become a Mindful Parent

Julie Kailus

<http://life.gaiam.com/gaiam/p/How-to-Become-a-Mindful-Parent.html>

Mindful Parenting

Elizabeth Seeley-Wait

<http://www.yummybubby.com/2010/09/mindful-parenting-part-1/>

What does Oprah say about the Community of Mindful Parents?

Yaffa Maritz

<http://www.communityofmindfulparents.com/what-does-oprah-have-to-say-about-the-community-of-mindful-parents/>

Parenting Teens with ADHD Made Simple

Mary Fowler

<http://www.ldonline.org/article/5685>

Parenting Teens – Five Mindfulness Skills to Help You Keep Your Cool

<http://mindfulhub.com/archives/2011/06/parenting-teens-five-mindfulness-skills-to-help-you-keep-your-cool/>

Strengthening families with mindfulness

<http://www.preventionaction.org/research/strengthening-families-given-more-muscle/5232>

The ABCs of Mindful Parenting

Biil Gerlach

<http://www.thenewpursuit.com/2010/09/20/the-abcs-of-mindful-parenting/>

The Seven Attitudes of Mindful Parenting

Joshua David O'Brien

<http://meditationscience.weebly.com/mindful-parenting-blog.html>

There's No Such Thing as a Mindful Parent

Mary Ann Christie Burnside

<http://growing-happiness.com/theres-no-such-thing-as-a-mindful-parent/>

Strengthening Your Awareness: Attention and Intention in Everyday Parenting

Daniel J. Siegel

http://www.savvysource.com/savvyparent/sp_ea_170_12008_strengthening-your-awareness-attention-and-intention-in-everyday-parenting

Family Dharma: The Fragility of Silence

Beth Roth

<http://www.tricycle.com/web-exclusive/family-dharma-the-fragility-silence>

What You Need to Know about Mindful Parenting: An Interview with Cassandra Vieten

Elisha Goldstein

<http://blogs.psychcentral.com/mindfulness/2010/02/what-you-need-to-know-about-mindful-parenting-an-interview-with-cassandra-vieten-phd/>

Are you a mindful parent?

Tanya Bertram

http://www.parent24.com/Teen_13-18/care_nutrition/Are-you-a-mindful-parent-20110524

Mindful Parenting: How To Stop Reacting To Your Child

<http://www.parentsareimportant.com/2011/02/mindful-parenting-how-to-stop-reacting.html>

Being mindful of the stories in your head

Joel and Michelle Levey

<http://www.communityofmindfulparents.com/being-mindful-of-the-stories-in-your-head/>

How to Mindfully Parent an Autistic Child

Miriam Mason

http://www.ehow.com/print/how_6387097_mindfully-parent-autistic-child.html

Letting Go of Expectations: A Lesson in Mindful Parenting"

Jonathan Kaplan, Ph.D.

<http://www.psychologytoday.com/node/29971>

How to Parent Mindfully”

Christy Matta.

http://www.ehow.com/how_5750370_parent-mindfully.html

Celebrating Small Moments”

Carolyn Gimian.

<http://shambhalatimes.org/2009/03/19/celebrating-small-moments/>

Mindful Parenting

Elisha Goldstein, Ph.D.

<http://blogs.psychcentral.com/mindfulness/2009/04/mindful-parenting/>

Living consciously, in this moment, rather than on auto pilot

Elizabeth Torres. Psy.D.

http://www.mindfulmother.com/living_consciously.html

The Zen of Parenting

Amanda Morin.

http://www.education.com/magazine/article/Zen_of_Parenting/

Take a Break

Elizabeth Torres, Psy.D.

<http://www.mindfulmother.com/seasonal.html#takeabreak>

Me As I Am, The World As It Is

Elizabeth Torres, Psy.D.

<http://www.mindfulmother.com/seasonal.html>

Growing Happy Children with Your Smile

Pilar Placone

<http://www.mindfulparenthappychild.com/growing-happy-children-with-your-smile/>

Mindful Parenting' Reduces Stress, Aids Communication

Alyssa Martina

<http://www.atholtonptsa.org/mindful.html>

Good Enough Is The New Perfect

Jessica Zucker, Ph.D.

<http://www.pbs.org/thisemotionallife/blogs/good-enough-new-perfect>

Mindsight Parenting: Helping Our Children Develop the Resilience of Social and Emotional Intelligence

Daniel Siegel, MD

<http://www.savvysource.com/parenting/11920-mindsight-parenting-helping-our-children-develop-the-resilience-of-social-and-emotional-intelligence%0CArticle>

Can Parents be Mindful?

Donna Torney

<http://mindfulhub.com/archives/2011/04/hey-mindful-mommas-and-papas-too-short-sits-many-times-is-okay-with-us>