



Episode 14, “The Mindful Parent’s Guide”

What is mindfulness?

- Check out this article from Positive Psychology that explains [the difference between mindfulness and meditation](#)
- Read this article from Mindful.org on [what mindfulness is](#)
- Look through this webpage from [Greater Good Magazine](#) explaining mindfulness.
- Confused about meditation?
Explore Mindful.org’s [guide on meditation that includes the definition and how to get started.](#)

Mindfulness and Children

- Read through these [30 mindfulness activities to help parents relax.](#)
- Explore Left Brain Buddha’s [10 Tips on teaching mindfulness to children!](#)
- [Learn mindful parenting](#) through this article from Child Mind Institute

Getting Started

- Check out [Udemy’s wide variety of online courses!](#)
- Tune in to Goodful’s YouTube [video on 5-minute meditation.](#)
- Watch Great Meditation’s YouTube [video on 5-minute mindful meditation](#)
- Listen to [Dan Harris’ TedTalk about meditation and being kind to yourself!](#)

Book Recommendations from Michele

- [The Power of Now: A Guide to Spiritual Enlightenment](#) by Eckhart Tolle
- [The Four Agreements: A Practical Guide to Personal Freedom](#) (A Toltec Wisdom Book) by Don Miguel Ruiz
- [The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living](#) by Ryan Holiday
- [Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids](#) by Hunter Clarke-Fields MSAE