Benefits of Mindful Parenting

- It can help you become more aware of your own feelings and thoughts
- It can help you become more aware of your child’s thought, feelings, and needs
- You will have more choices in how you respond to your child
- It can aid you in becoming less critical or judgmental of yourself and your child
- Becoming more self-aware can improve your ability for emotional self-regulation in your parenting with your child
- It strengthens the relationship between yourself and your child
- Your ability to stand back from situations without responding immediately or inappropriately can increase

Remember: Being mindful as a parent takes practice but will be beneficial in the end for yourself and your child or children.


Friend to Friend is a school-based intervention program designed by experts at Children’s Hospital of Philadelphia to reduce relational aggression among high-risk 3rd to 5th grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting https://violence.chop.edu.