



4 Mindful Parenting Practices

By Leanne Bishara, MA

The most important thing parents can provide their children is being fully present and attentive. These mindful parenting practices can help you to be more engaged and less stressed when interacting with your teenager.

Do Emotional Check-Ins

Ask yourself, “How am I feeling right now?” and “Do I have the capacity to be fully present with my teen?”

Be Present

Direct your full attention to your teen by removing all distractions. Remind yourself that your presence is invaluable. Listen attentively, show interest by asking questions, and be enthusiastic and supportive.

Be Accepting

Be non-judgemental and accepting towards your teen’s unique thoughts and feelings, even if they are different from your own.

Self-Compassion

Remember to forgive yourself and accept mistakes and challenges as a normal part of life. Avoid self-blame when things don’t go as planned and remind yourself, “I am doing the best that I can.”

