

# 5 Mindful Parenting Habits

*Without the buzzwords. Five grounded moves you can actually use — better, not perfect.*

1

## **Name what's yours before you name what's theirs.**

Their behavior is the surface. Your reaction is the mirror. Pause for one second and ask before you speak.

### **IN THE MOMENT**

*"What of this is mine, and what of this is theirs?"*

2

## **Treat your emotions like data, not directives.**

Frustration, rage, disappointment — they're information, not instructions. Read the wave instead of riding it.

### **IN THE MOMENT**

*"Something just got bumped. I don't have to act on every wave."*

3

## **Repair — it's a parenting tool, not a failure.**

Mindful parents aren't the ones who never lose it. They're the ones who come back and reconnect.

### **IN THE MOMENT**

*"I yelled. That wasn't about you. I love you. Let's try again."*

4

## **Move from fear consciousness to love consciousness.**

Most conflict runs on fear. Love still holds the line — it just holds it from a steadier place inside you.

### **IN THE MOMENT**

*"What does my kid need to feel safe and connected — without me abandoning my own integrity?"*

5

## **Let them feel the consequence of being human.**

Protect them from danger, not from disappointment. Hard feelings are the raw material of resilience.

### **IN THE MOMENT**

*"I trust you to handle this. I'm right here while you do."*

*The frame under all five: authenticity. You can't perform calm — the calm has to be real. Conscious, not crazy.*