

Mindful Parenting Exercise

As parents, spending time with our kids is one of the most precious time in our days. It also serves as a micro break for the well-being of our body, mind and spirit. However, stress arising from daily life, such as parenting challenges, family routines and work job duties may impede affect our enjoyment of this precious time. Work-related stress may make us worry so we cannot concentrate and engage; demanding housework may make us anxious so we lose patience with our kids; interaction with family members may also affect how we treat our kids. Mindful parenting helps us regain the pleasure of this precious time.

To enjoy the time being with kids, we can observe our children as they are truthfully without any preconceptions or judgements, and fully intensively experience them in the present moment. One of the ways is to pay attention to our different senses, such as sight, hearing, taste, smell, touch etc., during the process. This makes our feeling of the present moment more intense. When your child is playing, you can carefully observe your child's movements and facial expressions, listen to the sounds they make when they are playing. Or you can feel the texture and temperature of their skin and hair; or you may even smell their body's aroma when you are hugging them.

Your children change every day indeed. When we try to feel them with no preconceptions, as if it's the first time we see them with curiosity, we may rediscover the new experience. Through mindfulness, we will be able to devote ourselves to the parent-child interaction again and enjoy this unique and personal time without being distracted by anything else. Apart from observing your child carefully, you can also try to act like a narrator, tell your child what you have seen them doing. Let them know you are attending to them. This not only improves the quality of the parent-child interaction, but also makes your relationship with your child closer.

We invite you to think of your own parent-child activities. During the process, choose one of the senses to focus on, such as the sense of sight, hearing, taste, smell, touch, bodily sensations or emotions, to more fully experience the precious moments.

