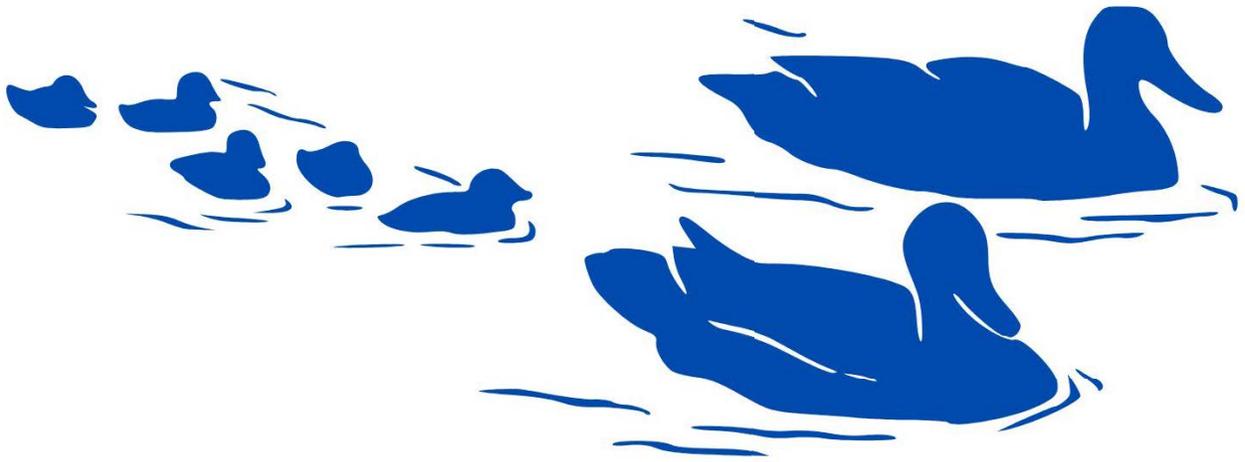


Mindfulness for Families Calming Guide



Practice Mindfulness
Everyday

www.mindfulnesseveryday.org



WHAT IS IMPRINTING?

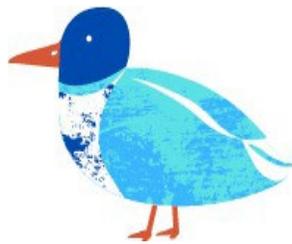


An Interesting Fact

When born, animals such as ducks bond to the animal or object it meets at birth; this is called imprinting, a phenomenon that has an intense effect on the animal's overall development and mental state. Like in ducks, imprinting can occur with humans shortly after birth or within the few months of life—most commonly with a parent. ~Jon Jaehnig

Modeling is a powerful tool in children's growth. Embodying the qualities that we would like to see in our children: generosity, kindness, empathy, patience, and compassion. By being aware of the influence we exert as role models, we can contribute to the development of more understanding and respectful future generations. Let us remember that our own behaviors and values leave a lasting imprint on children's minds and hearts.

Mindfulness for Families – Calming Guide



Curriculum Authors: Susan Hutton Heidi Bornstein Sara Escott

Managing Editor, Design & Production: Heidi Bornstein

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Mindfulness for Families provides Stress Management & Resilience Techniques, based on the principles of the MBSR (Mindfulness-Based Stress Reduction) Workshop program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.

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Definitions of Mindfulness?



Mindfulness is the awareness that arises from paying attention in a particular way, on purpose, to the present moment, with non-judgment.
~ Jon Kabat-Zinn

Mindfulness is paying attention to your life, in the here and now, with kindness and curiosity, so that you can respond wisely.
~ Amy Saltzman, M.D.

Mind Full or Mindful

Mindfulness for Families Benefits

Mindfulness can be fun! It is not an add-on. Here you will find inclusive ways to bring Mindfulness practice into your life. This is a tool kit for all ages of Mindfulness practices. Please adapt and make them your own, in a way that suits your family.

Mindfulness is an evidence-based approach that

- Strengthens self-control
- Lowers anxiety and stress
- Increases positive moods
- Better decision making
- Increases self-esteem
- Cultivates Health and Well-being
- Supports Emotional Regulation Skills
- Improves social skills and communication

Remember the key is to take care of yourself first, putting the oxygen mask on yourself, before embarking on helping anyone else.

Simply pay attention to yourself, noticing body sensations, thoughts and emotions, and PAUSE before reacting. It is simple and yet not easy, a skill developed with practice over time.

Mindful Parenting Self-Care Tips

Be present

Are you remembering something about the past or worrying about something in the future?

What is happening RIGHT HERE RIGHT NOW

Practice compassion

For yourself, family and others

Beware of thoughts

Thoughts are not always facts

Acknowledge what you are feeling - Emotions

Name it to train it

Be aware of your breath

Long slow breathing with an emphasis on the exhalation may relax the body

Be aware of your body

Grounding - befriend gravity

Accept things as they are

Responding vs reacting – it is what it is

Be mindful of technology

Turn it off, all of it, sometimes

Acknowledge transitions -

Transitions are not just about getting you ready for the next experience, they **are** the experience.

Check in daily with yourself

Pause and ask how you are feeling and how the day went.

Notice situations that feel good or feel challenging.

This may help you begin to see patterns in your emotions.

Notice both your physical and mental state.

When you are stressed, you may notice that your muscles feel tense or you feel tired. You may also find that you get stuck on certain thoughts or have difficulty starting a task.

Mindfulness Tool Kit

Create a little chest or box at home so that children can keep mindfulness reminders. It can be a safe space they go to when they are feeling upset.

A mindfulness chest can hold things like:

Mindfulness for Mindfulness Art Supplies:

Colouring paper, pads, coloured pencils/markers, stickers

A mindfulness instrument used to bring attention to the present moment

Breathing buddy – stuffed animals to practice breathing with

Hoberman sphere or slinky to be used for demonstrating breathing in and breathing out

Infinity Symbol image sheets

Finger labyrinth image sheets

Gratitude jar and paper to write what you are grateful for

Emotions Sheet

Mindful Eating instructions

Mindful Yoga cards

Mindfulness Activity Sheets

Mindful Colouring Pages

Mindfulness books

Mindfulness cards

Squishy balls

Calm Down Jar – Mind In A Jar

1. MINDFULNESS BELL



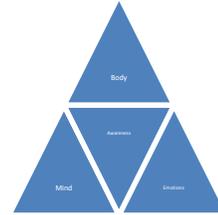
Find a place in your home to have a bell that is available for anyone to ring. When it is rung, everyone in the home pauses for 3 breaths. Stop whatever you are doing and just feel the sensations in the present moment. It takes a while to get everyone into the flow of the Mindful Bell, so be patient. Just having the bell in the hallway or a corner of a room can be a reminder for the family to be more mindful.

2. PAUSE Practice

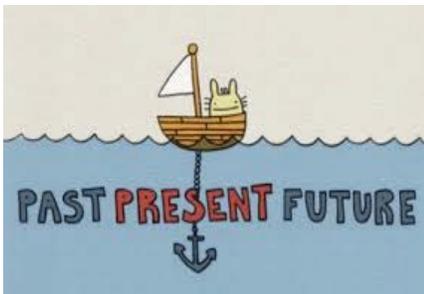
Take 3 long slow breaths

Check-in: see what is here NOW With the Triangle of Awareness:

Body - Thoughts – Emotions = building skill set of Awareness



3. ABCD Practice



A = Anchor your attention to the present moment. For example, have your feet be the anchor

B = Breath and notice the quality of your breath; Shallow? Full? Fast? Slow? Chest? Belly?

C = Check in with yourself as if you were checking in with a good friend. How are you mentally? emotionally? physically?

D = Decide what you need right now? A glass of water? A deeper breath? To sit down? To move around?

*The ABCD Practice was created by Sara Escott from mindfulness and drama program for elementary students.

4. Five Finger Breathing



Five-finger breathing is a breathing exercise that involves tracing each finger on a hand while breathing in and out. It's a quick and easy way to relax and calm down.

How to do five-finger breathing:

1. Hold out one hand.
2. With your other hand, trace the fingers on your outstretched hand.
3. As you breathe in, trace each finger up.
4. As you breathe out, trace each finger down.
5. Repeat the exercise with your other hand.

Benefits

- Can help you relax and calm down
- Can help you reboot your brain

5. Nature Walk Activity



Walk and collect special things from nature for a Nature Table, for a Poster, for Card Making or Stone Painting.

Notice what you see, what you hear, what you smell, what you taste, and what you touch on the walk.

6. Breathing Buddies



For young children, an instruction to simply “pay attention to the breath” can be hard to follow. A “breathing buddy” exercise can be more accessible: A child chooses a stuffed animal and then lies down on their back with their buddy on their belly.

Invite them to focus their attention on the rise and fall of the stuffed animal as they breathe in and out.

Another option is for them to lie on their stomachs and put the breathing buddy on their backs.

Invite them to notice how the back and sides of the chest also moves in and out with the breath.

7. Hoberman Sphere Breathing



The Hoberman sphere, also known as a breathing ball, is a tool that can help you focus on your breathing and calm down. It can also help you learn how your lungs expand and contract when you breathe. You can breathe at your own pace.

To use a Hoberman sphere for breathing, you can:

- Inhale slowly through your nose expanding the sphere
- Pause briefly at the top of your inhale
- Exhale slowly through your nose contracting the sphere
- Repeat a few times

To use a Hoberman sphere for co-regulation, you can:

Have 2 people each hold the one of the points of the ball, either sitting or standing opposite from each other; breathing together, expanding and contracting the ball. Notice the calming effect of this practice when one person is upset and the other is calm.

8. Tree Breath



Bring your hands together in front of your chest, one hand in a fist and the second hand covering the first. This is your tree seed.

Inhale and grow the seed, opening the hand that was in a fist so that your hands are flat together in a “prayer” position. Draw your hands up to the sky, then opening your arms and expanding your branches. Exhale, bring your hands back together and lower them, returning them once again to your chest. Repeat. It’s also a great stretch!

Credit: Sara Escott, Video: <https://youtu.be/s6dAX0p4vo8>

9. Shark Fin Breath



Inhale deeply through your nose and raise one hand straight above your head as if your hand was a shark fin growing from the top of your head. Exhale slowly as you draw the hand down from your head over your nose and chin, and all the way down to your chest. As you exhale, you can also make a “shhhhh” sound with your mouth. Repeat.

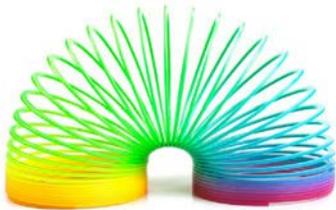
10. Hot Chocolate Breath



Bring your hands together as if you are holding a mug of hot chocolate (or a beverage of choice!). Hold your “mug” down in front of your belly. Bring your hot chocolate all the way up to your nose as you take a long inhale through your nose and sniff the sweet smell. But the drink is too hot! Exhale through your mouth and blow on the drink to cool it down as you draw the mug back down to your belly. Repeat.

Credit: Sara Escott, Video: <https://youtu.be/aaiNuU2TIBs>

11. Slinky Breathing



Imagine the backbone is a slinky that you can gently separate, expanding the spaces between the vertebrae, but with soft shoulders and a broad collarbone. Have the students hold the slinky lengthwise in their hands and gently draw it apart vertically as they breathe deeply in through the nose and lengthen their own backs. Providing a prop for this imagery can really help kids visualize the cue and lead to better posture and deeper breathing.

12. Rose and Dandelion Breath Visualization

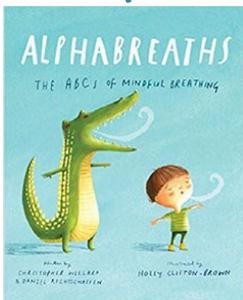


Breathing in...
**Smell the
rose.**



Breathing out...
**Blow out the
dandelion.**

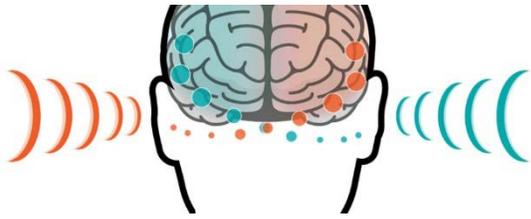
13. Alphasbreaths (Book and YouTube Link)



Alphasbreaths: The ABCs of Mindful Breathing by Christopher Willard PsyD (Author), Daniel Rechtschaffen MA (Author), Holly Clifton-Brown (Illustrator). In *Alphasbreaths*, children learn their ABCs along with the basics of mindfulness through fun exercises and illustrations they'll want to come back to again and again. Each letter of the alphabet teaches a simple mindfulness or compassion-based practice to help kids focus their thoughts, hold positive feelings for others, express gratitude, and more. It's as easy as ABC!

YouTube Link: <https://www.youtube.com/watch?v=Dnvn6t51TyQ>

14. Listening to Sounds Activity



Noticing sounds that are already here and how they come to your ears –

Outside the building (traffic)

Inside the room (computer, furnace, fridge)

Inside our own bodies (noticeably swallowing and breathing)

15. Calm Down Jar Activity

This activity is sometimes referred to as "Mind in a Jar" because the water signifies our mind and the glitter our thoughts and feelings. When the water is calm it is clear, much like our mind is clear when



our thoughts and feelings are calm. When

something happens that causes our thoughts and

feelings to swirl around, even just a little, we

cannot see quite as clearly. And when the mind is

very active, we can't see (through the bottle) at

all. If we needed to make a decision or respond

thoughtfully to someone, we would be very

challenged to do so until we were able to calm our mind and see clearly.

It is important for children to understand that our thoughts and feelings are not bad, even when they are upsetting - they are a part of what makes us who we are. Mindfulness teaches us to be curious of our thoughts and feelings, and learn to sit with them even when they are uncomfortable.

CALM DOWN JAR MATERIALS

- Small jar: make sure it will close tightly to hold liquid
- 1 tube of glitter glue
- Liquid Soap
- Water

This is pretty simple: just add everything to the jar. Use warm water and give it a good shake to get the glue mixed in well. Bring on the peace! You may wish to use glue to seal the jar.

16. Mindful Feelings Jar Activity



It's good to help children and youth identify feelings in their

body and build confidence in being with them. After we become

familiar with the sensations in the body associated with

emotions and learn to accept them, feelings aren't so scary.

Having a jar with pieces of paper with feelings written in it gives

us a chance to talk about feelings. You can sit down and look at

the papers and talk about times you have felt

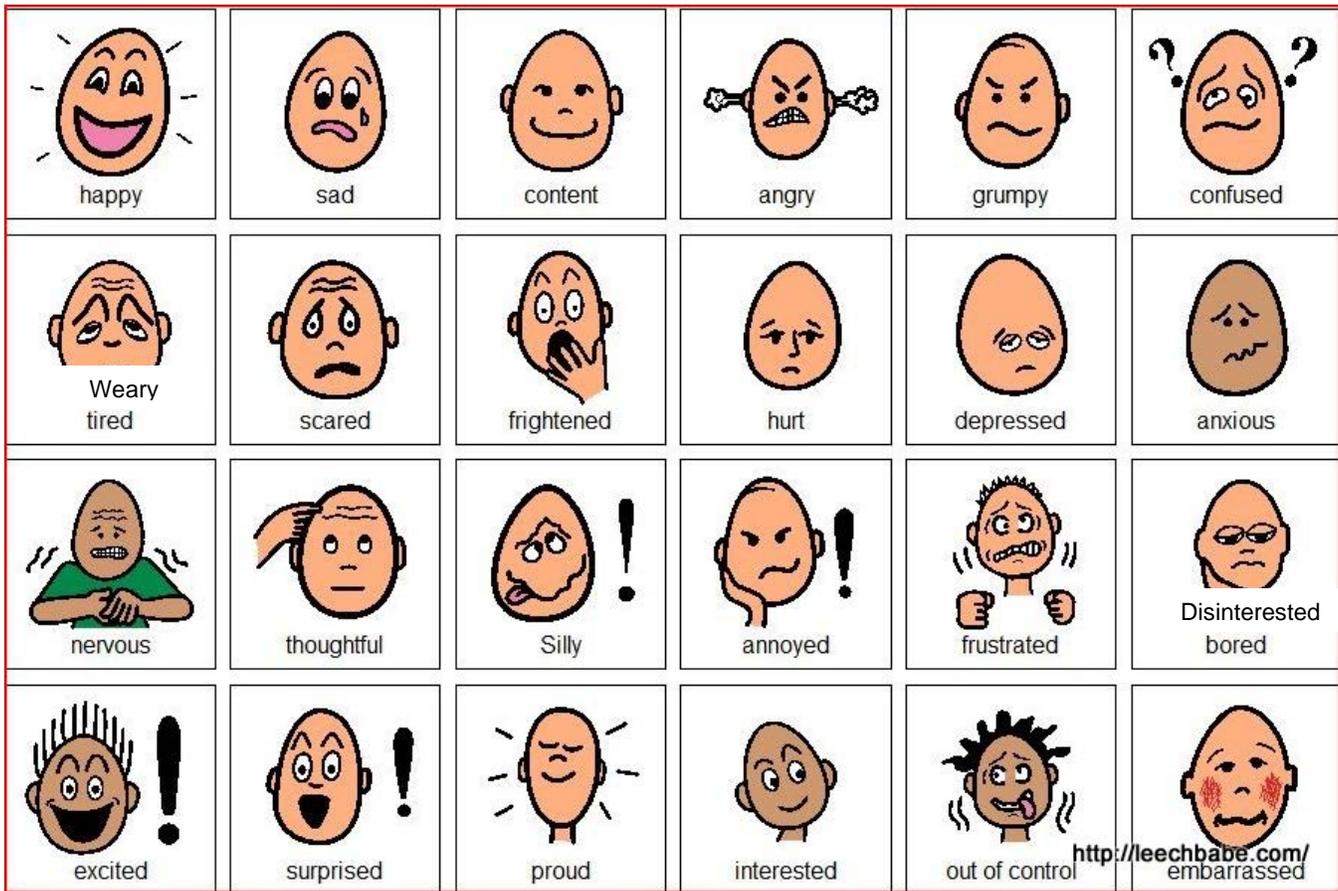
that emotion. You can also have some fun and play charades

using the papers with emotions written on them. Research has

shown that helping children develop acceptance of their feelings

is helpful in reducing anxiety.

17. Mindfulness of Emotions and Feelings



18. FEELING FISH



Name the fish in your tank.

- Write the names of emotions that you have felt this week on the different fish.
 - Colour each feeling with a different colour.
 - The first step in emotion regulation is recognizing what you are feeling.
- Emotional regulation is:
- the ability to recognize, manage, and respond to your emotions.
 - a skill that can be learned; a practice of cultivating a pause between feeling the emotion and your reaction to that emotion.
 - an important tool for mental well-being in general and to protect and establish healthy relationships.

“Tame it to Train it!”

19. Grounding Techniques



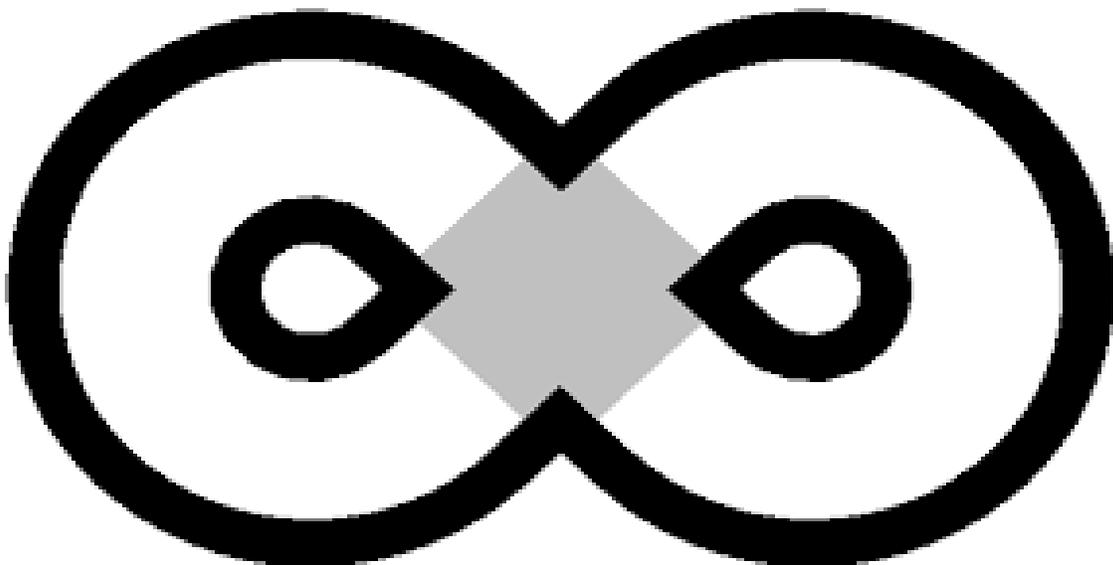
5-4-3-2-1 Grounding Practice



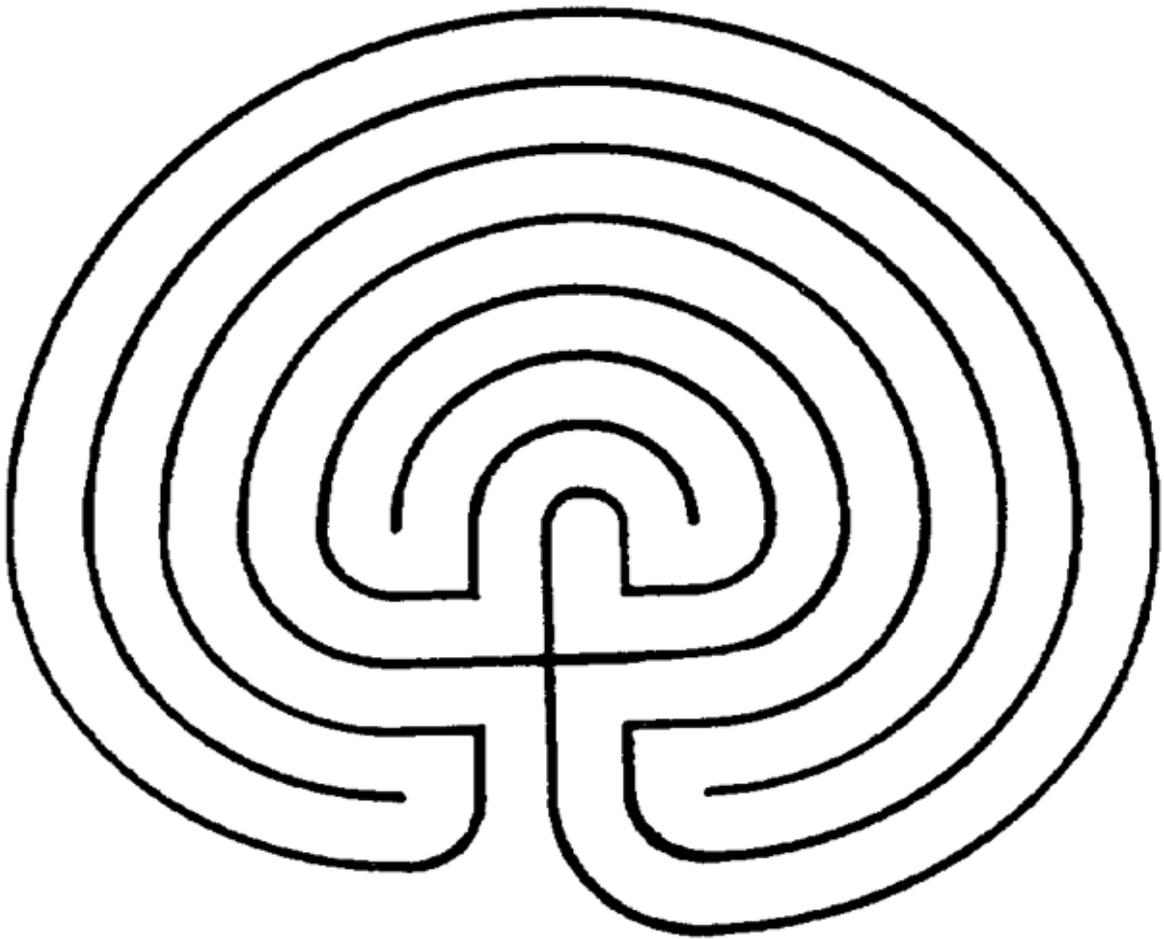
20. Infinity Symbol Breathing

Trace your finger along the inside of this infinity symbol. Starting with your finger in the centre, take a slow breath in as you move along one side of the symbol, and when you cross over to the other side, allow your breath to gently exhale. Follow this breathing pattern while you trace the symbol as many times as you like. You can also practice Infinity symbol breathing by holding your finger in front of you, and tracing an infinity symbol with your finger in the air.

CREDIT: MASTER OF MINDFULNESS: HOW TO BE YOUR OWN SUPERHERO IN TIMES OF STRESS BY LAURIE GROSSMAN and Mr. Musumeci's 5th Grade Class. Video: <https://youtu.be/26HMB13wzdw>



21. Labyrinth Finger Tracing



- Before you start, take some time to settle into a position in which you are comfortable. Take some slow deep breaths to centre you in your practice.
- Place a finger at the entrance of the labyrinth.
- As you follow the path with your finger inward, intentionally releasing whatever stresses, worries, or distractions you might be feeling. Breathing long slow breaths.
- Pause whenever you want, but don't lift your finger off the labyrinth.
- When distracting thoughts come up, simply let them pass and wish them well as they leave your mind.
- When you reach the centre, pause for a while and notice thoughts, emotions and body sensations. Be open to whatever is present.
- When you're ready, follow the path outwards, consciously returning and bringing the wisdom of the centre out into your life with you.
- Stay open and receptive.

22. MINDFUL EATING

The infographic is titled "6 Ways to Practice Mindful Eating" and is set against a white background with a pink triangle in the top right corner containing the text "mindful mindful.org". It is divided into two columns by a vertical dotted line. The left column is titled "Mindless Eating" and lists six behaviors: 1. Eating past full and ignoring your body's signals; 2. Eating when emotions tell us to eat (i.e., sad, bored, lonely); 3. Eating alone, at random times and places; 4. Eating foods that are emotionally comforting; 5. Eating and multitasking; 6. Considering a meal an end product. The right column is titled "Mindful Eating" and lists six practices: Listening to your body and stopping when full; Eating when our bodies tell us to eat (i.e., stomach growling, energy low); Eating with others, at set times and places; Eating foods that are nutritionally healthy; When eating, just eating; Considering where food comes from. At the bottom of the infographic, it says "List created by Christopher Willard PsyD".

6 Ways to Practice Mindful Eating

Mindless Eating	Mindful Eating
1 Eating past full and ignoring your body's signals	Listening to your body and stopping when full
2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)	Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
3 Eating alone, at random times and places	Eating with others, at set times and places
4 Eating foods that are emotionally comforting	Eating foods that are nutritionally healthy
5 Eating and multitasking	When eating, just eating
6 Considering a meal an end product	Considering where food comes from

List created by Christopher Willard PsyD

Use your 5 senses to explore one bite of food.

1. Begin by: looking at the food, smell the food, touch the food and even listen to the food.
2. Next put that one bite of food into your mouth and experience the sensations of having that food in your mouth before swallowing or chewing.
3. The third part of Mindful Eating is slowly chewing the bite of food and notice if the texture or taste changes.
4. And finally swallowing the bite of food.

What do you notice about the experience? Did you notice anything new?

We can also examine connection – by investigating how many people it took to bring the packaging advertisers, food packers, truck drivers, truck manufactures, etc.

*Note: Some Ideas for mindful eating: fresh fruit if possible or fruit bars, popcorn, crackers.

How to Eat More Mindfully | The Science of Happiness Youtube Video:

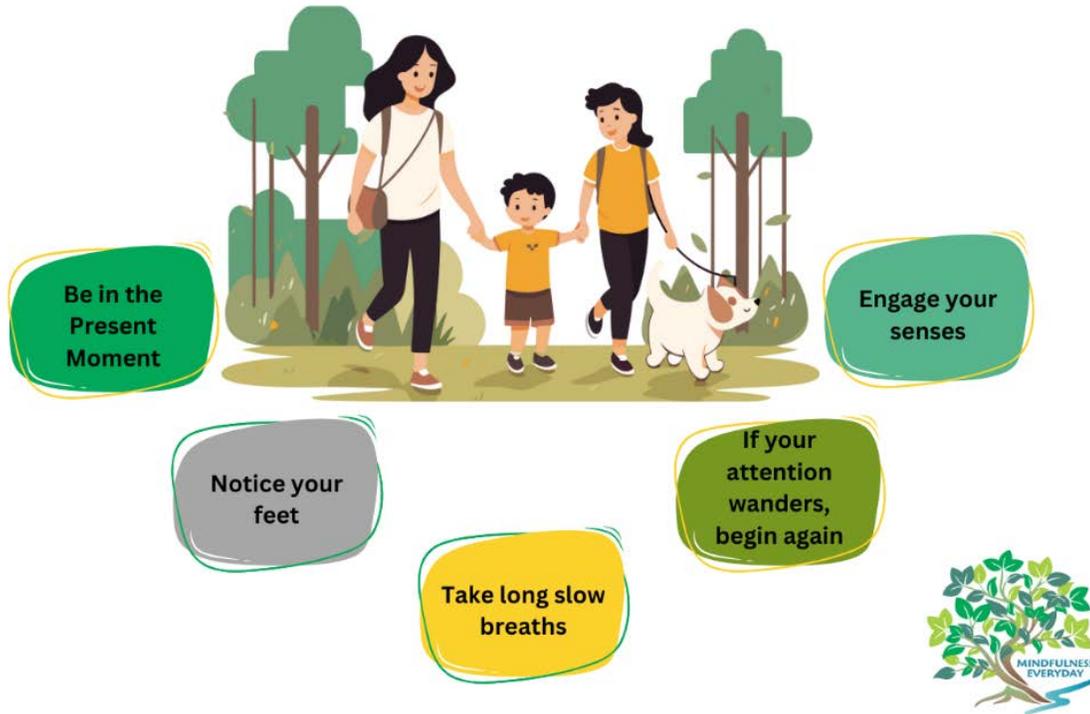
<https://www.youtube.com/watch?v=dkP6vHSUAGA>

How to Eat More Mindfully | The Science of Happiness 1.34 minutes

Try engaging all your senses and paying full attention when you eat something delicious.

23. MINDFUL WALKING PRACTICE

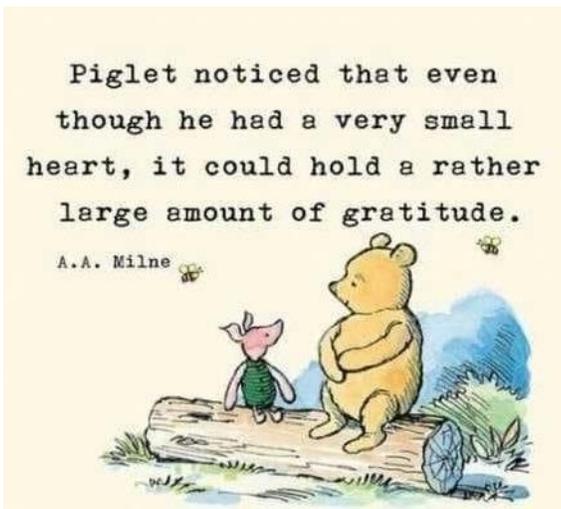
Mindful Walking



24. Mindful Movement Practices

<p>Conductor Breath</p> <p>Front - Side - Up - Ha!</p>	<p>Circle of Joy</p> <p>Intro plus Circle of Joy with Heidi Bornstein https://www.youtube.com/watch?v=Ll_3ivZg5Gg&t=27s The Circle of Joy with Heidi Bornstein https://www.youtube.com/watch?v=PmHQjZkQZ0c&t=10s</p>
<p>Balance – Vitruvian man</p>	<p>Tense and Release Muscle Relaxation</p> <ol style="list-style-type: none"> 1. SIT ON A CHAIR. 2. SCRUNCH UP YOUR FACE... THEN RELAX IT. 3. TENSE YOUR ARMS... THEN RELAX THEM. 4. TENSE UP YOUR SHOULDERS AND CHEST... THEN RELAX THEM. 5. TENSE UP YOUR LEGS... THEN RELAX! 6. BREATHE IN RELAXATION... BREATHE OUT TENSION.

25. Gratitude Activity



Research shows that practicing the 3 E's of Gratitude get results and helps people improve their wellbeing. Children and youth can keep listing things and people they are grateful for. It doesn't have to just be one. Encourage them to feel what it's like to be grateful – where in the body do they feel it?

1. Exercise Gratitude: Do it **everyday**, just like physical exercise
 2. Emote Gratitude: Mindfully feel the **emotions** (sensations associated with gratitude)
 3. Express Gratitude: **Tell** it to people in your life, like your friends, teachers, and family.
- Have everyone write on small pieces of paper and contribute to the family Gratitude Jar.

Find a special time to open the jar and share what has been written.

26. Drawing The Breath Art Activity

Materials: Paper / Crayons or markers



Pass out markers. Have everyone choose a colour to begin with.

Find a starting point with eyes open on the left side of the paper.

Invite everyone to close their eyes and breathe naturally, without changing the breath in any way.

As they breathe, draw their breath, letting your movement follow the breath. The breath is the guide, and the crayon/marker follows.

After a few breaths, invite everyone to open their eyes.

They can then colour in any closed spaces in the abstract drawing of their breath and add other colours to the drawing.

Everyone's breath will look different. Some may go left to right in a wave fashion rarely overlapping or some may spike and continuously intertwine.

Encourage everyone to share what their breath looks like and discuss all the beauty in their unique breath art. *Created by Sue Hutton, Social Worker, Mindful Parenting Teacher

27. Mind the Music



Pick a song to listen mindfully to

- Notice how it makes you feel.
- If you can feel the beat in your body.
- Does your foot want to tap or do you want to clap your hands to the music?
- What different instruments can you name in the song?
- Can you name the emotion(s)?

28. Smartphone Mindful Photography for Well-Being



Having cameras on our phones has opened the doors for creativity and expression. It allows us to tap into everyday art and explore with our hearts.

1. Slow Down & Be Present

When engaging in mindful photography, it's important to slow down, be fully present, and immerse yourself in the moment. Let go of any distractions or thoughts about the past or future. Instead, focus on the

here and now, allowing yourself to truly see and experience the world around you.

2. Use Your Phone as a Tool

First off, you don't need a fancy camera to practice mindful photography. Embrace the freedom that comes with a simple camera and focus on capturing what you see in the frame, without worrying about lugging around any equipment.

3. Follow Your Passion

To make mindful photography an enjoyable practice, choose subjects or themes that you're passionate about. Whether it's capturing the beauty of nature, documenting everyday moments with loved ones, or exploring a particular photographic style, let your interests guide your journey.

4. Observe & Appreciate

Take the time to truly observe and appreciate your surroundings. Find a quiet spot that is free from distractions, and allow yourself to engage with the scene. Notice the colours, textures, shapes, and patterns that catch your eye. Let your senses lead the way as you take it all in.

5. Experiment & Play

Mindful photography is a wonderful opportunity for self-expression and experimentation, trying new subjects, compositions, or techniques. Play and have fun with your photography; it will help you find the joy in the creative process!

Read More: [Smartphone Photography for Mindfulness & Well-Being](#)

29. Mindful Communication

Before you...



THINK!!

- T** = is it True?
- H** = is it Helpful?
- I** = is it Inspiring?
- N** = is Now a good time?
- K** = is it Kind?

Listening to Understand

Listening to what is both said & unsaid

Listen without judging

Listen without reacting

Listen without interrupting

Listen without distraction (email, texts, etc.)

Let the person know they are truly being heard

Give the gift of your mindful attention.

30. Family Media Plan Considerations

A family media plan establishes rules, limits, and priorities for screen use, ensuring a healthy balance between online and offline life. It promotes quality family interaction, protects sleep and physical activity, and helps teach digital literacy and safety, all while aligning technology use with family values.

Key Reasons to Establish a Family Media Plan:

Promote Healthy Habits & Balance:	It helps manage screen time, preventing excessive, passive, or unproductive usage. It encourages prioritizing physical activity, outdoor play, and face-to-face interaction.
Enhance Safety & Security:	It provides an opportunity to discuss online safety, set, and enforce rules around content, and manage privacy settings.
Protect Sleep and Nutrition:	Establishing screen-free zones (like the dinner table) and times (like one hour before bed) prevents media from disrupting sleep, reducing blue light exposure, and preventing distracted eating.
Encourage Quality Family Time:	A plan allows for designated, uninterrupted time for family bonding and conversation.
Encourage Responsibility:	By involving children in creating the plan, they learn to manage their own media use and understand the "why" behind the rules.
Provide Flexibility:	The plan can be customized for each family member's needs and reviewed/updated as children grow and their needs change.

- 1

Create a family media plan. Have a family discussion about expectations, time-limits, and rules to follow when using social media. For tips on creating a family media plan, visit www.healthychildren.org/MediaUsePlan


- 2

Create tech-free zones and encourage children to foster in-person relationships. Consider restricting use of all devices during mealtimes, at least one hour before bedtime, and throughout the night. Encourage and prioritize unstructured and offline connections with others.


- 3

Model responsible social media behavior. Be a good example of what responsible and healthy social media use looks like. You might explicitly show your kids how to monitor your time spent online, how to not disclose sensitive or private information, and how to interact appropriately with others online.


- 4

Teach kids about technology and empower them to be responsible online. Share both the benefits and risks of social media use with your kids and emphasize the importance of respecting the privacy of oneself and others. Encourage an open dialogue with your kids about who they are interacting with, how to manage privacy settings, and how they feel about experiences they've had online.


- 5

Report cyberbullying and online abuse and exploitation. Talk to your child about how to report a negative online interaction or inappropriate content. Visit [CyberTipline](#), [Take it Down](#), or contact your local law enforcement to report any instances of online exploitation.


- 6

Work with other parents to establish shared norms and practices. Setting norms among neighbors and friends can make it easier to set and maintain rules and boundaries for social media use among children in their social circles.



31. SUGGESTED MINDFULNESS PARENTING ONLINE RESOURCES

Mindfulness Everyday	Resources for children, teens and their parents	https://mindfulnesseveryday.org/resources-for-families-children-and-teens
Mindfulness Everyday	Counselling Resources for Teens, Parents and Educators in Toronto	https://mindfulnesseveryday.org/resources-mindful-edge-interactive
Mindfulness Everyday YouTube Channel	Mindful Families Playlist Videos on Mindful Parenting	https://www.youtube.com/playlist?list=PL8EKmNvCC1cF3v9-IYSIfol1eZI4vYLVK
Mindful Families	A Toronto-based resource for people interested in exploring mindfulness - for parents, children and families with mindfulness practices, songs, stories and resources (some for download)	www.mindfulfamilies.ca
With Equal Step	Works with parent groups, educators, and community agencies to build parents' capacity to support their children's learning.	https://www.withequalstep.com
Bounceback Ontario	BounceBack is an online self-help program designed by the CMHA (Canadian Mental Health Association). The program provides telephone coaching, skill-teaching videos, and workbooks that teach individuals 15+ practical strategies to improve their mental health.	https://bouncebackontario.ca
Smiling Mind App	Smiling Mind is a free app developed by psychologists and educators to help bring balance to your life.	https://www.smilingmind.com.au/smiling-mind-app
MindShift CBT App - Anxiety Relief	MindShift CBT is a free self-help anxiety relief app, that helps you reduce worry, stress, and panic by following evidence-based strategies.	https://www.anxietycanada.com/resources/mindshift-cbt
Kelty Mental Health Resource Centre	Empowered Parenting Resources for: - Social and Emotional Development - Parent and Caregiver Well-being - A Mindful Approach to Parenting and Caregiving	https://keltymentalhealth.ca/empowered-parenting
The Inner Explorer HOME Mindfulness app For Families	Helping parents raise mindful children	https://innerexplorer.org/homeapp
TDSB Mental Health & Well-Being Parent Partnership Committee	Meeting dates: The 4 th Monday of each Month Click Here to Join us on Google Meet This Mental Health & Well-being Parent Partnership Committee was developed for parents to have voice and involvement in enhancing student mental health and well-being.	More info here: https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS/Mental-Health-Well-Being-Parent-Partnership-Committee

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City of Toronto Parenting Resources	Coping with Parenting Stress	https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/common-parenting-issues/coping-with-parenting-stress/
SMHO Parents and Caregivers By Your Side	<p>By Your Side recognizes the expertise of parents and caregivers and offers resources to support learning and strengthen mental health and well-being in every family.</p> <ul style="list-style-type: none"> • Parent/caregiver mental health resource hub • Free webinar series for parents and caregivers • Parent/caregiver blog 	https://smho-smso.ca/parents-and-caregivers/
Family supports, resources, and engagement at CAMH	CAMH supports families in several ways, including system navigation assistance, family-facing educational resources, and family-specific programming, offered by our direct care teams, the Family Resource Centre, the RBC Patient and Family Learning Space, and other programs.	https://www.camh.ca/en/your-care/for-families
Sick Kids – Useful Links for Parents	Parent Information Sheets – PDFs that can be downloaded and printed. These were developed by SickKids CCMH with and for families who are interested in finding new tools to add to their parenting tool kit.	https://sickkidscmh.ca/children-families/useful-links/ https://sickkidscmh.ca/children-families/parent-information-sheets/
Youthlink Parent Resources	Positive Parenting Program (Triple P) Triple P is an award-winning and clinically-proven group program to help parents and caregivers of youth 12-16 years old manage troubling behaviour.	https://youthlink.ca/services/our-programs/parenting-and-family-support/positive-parenting-program-triple-p/
TDSB MH Action Toolkit- Parents, Caregivers and Guardians	Student Mental Health Action Kit Parent, Caregiver and Guardian Version	https://docs.google.com/presentation/d/1W8oYmq9kFXBzQumGIJgMS9601gaPxPzm8va5dVMO-dw/edit?pli=1#slide=id.gbaef5b933b_6_14
Parenting Resources: Groups and Support from Canadian Mental Health Association, Ontario branch	<p>These community resources are provided for informational and reference purposes only. The resource descriptions are provided by the listed organizations. GH-CCMH does not evaluate the resources listed on these sites.</p> <p>The Family Care Centre (from Children’s Mental Health Ontario and Parents for Children’s Mental Health): The Family Care Centre is a resource hub for parents and caregivers of children and youth with mental illness. We are sharing only trusted, evidence-based information to help parents find much-needed support.</p> <p>Parenting Survival Guide by Ann Douglas (from Children’s Mental Health Ontario)</p>	<p>Family and Caregiver Support (from Canadian Mental Health Association, Ontario branch): Learn about family associations and support services for families and caregivers of children and youth experiencing mental health issues.</p> <p>Ontario Early Years Centre: EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old.</p>

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	<p>Parenting Groups – Home and Community Care Support Services Central: Parenting groups bring together parents who wish to share common problems, concerns or ideas about parenting and child-rearing.</p>	
<p>Canadian Centre for Caregiving Excellence</p>	<p>The Canadian Centre for Caregiving Excellence is working with the Centre for Addiction and Mental Health (CAMH) Azrieli Adult Neurodevelopmental Centre to offer six-week mindfulness programs to learn and practice mindfulness skills for family caregivers, including those who provide care to people with disabilities, those who are aging, and those experiencing a challenging illness. The program is led by Sue Hutton, a mindfulness teacher with over 30 years of experience. The sessions are designed for participants to learn and practice mindfulness skills to reduce stress and improve their quality of life.</p>	<p>https://canadiancaregiving.org/resources/wellness-programs/</p>
<p>Support for Parents of Children with ADHD</p>	<p>Several resources in Toronto offer support for parents of children with ADHD, including support groups, workshops, and clinics.</p> <ul style="list-style-type: none"> • Parenting the ADD/ ADHD Child Workshop: Parenting the ADD/ADHD Child Workshop is offered one-on-one with both parents and is typically held on Saturdays from 9:00 am to 2:00 pm at our clinic, located at Oakwood Ave & St. Clair Ave West. The goal of the workshop is to help you better understand your role as a parent of a child with ADD/ADHD and not only how you can support them, but also how you can support yourself with the right kind of coping strategies for any situation. Please email us at admin@vbpsychology.com to book your workshop. • ADHD parenting classes in Toronto: Positive Kids offers to parents to families with children diagnosed with ADHD. There are clearly tools and strategies that work and others that don't work. If you would like to explore parenting with Positive Kids, please call us at 866-503-7454. 	<p>Strides Toronto: Offers ADHD seminars for parents and caregivers of children ages 4–12. ADHD Seminars are a psychoeducation-based group for parents and caregivers of children ages 4 to 12 years old who may be struggling with attention deficit hyperactivity disorder. Salmina at salmina.sabah@stridestor_onto.ca or Shelby at shelby.eisner@stridestor_onto.ca</p>