Positive Parenting Half Day Workshop  
**Mindfulness for Parents**

Do you want parenting options that go beyond the ‘time out’ or ‘naughty corner’? Are you interested in learning tools that define and build positive adult - child relationships so you can nourish yourself and your family in spite of competing demands for your time, effort and energy?

During this half day Mindful Parenting workshop you will learn how to bring a fresh perspective to parenting, one that allows you and your children to connect and be your true selves. Mindful Parenting differs from many parenting approaches in that the focus moves from the ‘naughty corner’ and other artificial consequences for children to ways of building positive, ongoing interaction between adult and child.

To parent in a kind, calm and peaceful manner, while maintaining strong, clear and fair boundaries for your children, nurtures your child’s individuality and unique gifts, giving them the space they need to develop to their highest potential. Come to this workshop to discover how living ‘mindfully’ in the present moment assists you to be the parent you want to be and deepens your relationship with yourself, others and your children.

Workshop Topics Include:

- The Principles of Mindfulness
- How to disengage from conflict when it happens
- How to set boundaries lovingly
- Several simple mindful meditations

The overall approach presented assists adults to stay in their adult role, rather than reacting automatically to the emotion of a situation or behaviour.

"Mindful parenting is about learning to experience family life fully, as it unfolds - moment by moment."

*Myla Kabat-Zinn, Author of Everyday Blessings*

Mindfulness provides tools and techniques to identify the reality of a situation and follow what is important. This means cultivating skills that allow us to move beyond unhelpful emotions, restrictive preconceptions and expectations. Mindful parenting is about creating a space for you and your family to thrive and communicate positively.

We invite you to attend this workshop in order to learn ways to engage in the fullness of your life with your children, and to transform moments of despair and struggle to those of communication and positive connection.

**Date:** Sat 26th September  
**Time:** 9:15am – 12:30pm  
**Cost:** Standard $60, Conc. $45  
**Location:** Nerang Bicentennial Community Centre, Nerang

Register for events online at: [www.mindfulnesscentre.com](http://www.mindfulnesscentre.com)

*Mindfulness Centre also offers the one day course ‘Mindful Relationships: Relationships that work’ and a 3 day MBCT, ACT, DBT and MBSR Integration and application course. See our website for more details.*