Why Mindfulness? 

Here are some research-based findings on its benefits:

- It improves social skills: Children who practice mindfulness have been found to be more cooperative, empathetic, and more optimistic than their non-mindful peers.
- It boosts school performance: Mindful children are also able to pay more attention in class and are more likely to complete their homework on time.
- It reduces impulsivity: Impulsive children have trouble thinking before they act. When mindfulness techniques help them to reflect on their thoughts and focus on the present, they are less likely to act impulsively.
- It encourages independent thinking: Because mindful children experience less social anxiety, they are less likely to cave to peer pressure. They are better able to create their own sense of self apart from the judgment of others.

Tips to Raising a More Mindful Child

1. Limit Technology Use
   - Take time during the day for the entire family to stop all technology use. This means no TV, cell phones, Internet, etc.

2. Offer Creative Outlets
   - Creativity requires deep thought and reflection. Mindfulness can only take root in a child's life if they have opportunities to draw, paint, write, or engage in other similar hobbies.

3. Encourage Journal Writing
   - Writing is a great outlet for kids to reflect on their daily lives. Even a family diary can help increase their sense of calm and empowerment.

4. Hold Family Meetings
   - A structured household can be a happy family. Weekly family meetings can foster better communication among family members.

5. Cultivate a Meditative Practice
   - Mindful children practice meditation, martial arts, or yoga to embrace their own self-improvement and inner strengths.

6. Nurture Altruistic Activities
   - Children learn a greater connectedness to friendship and the community through their own volunteer work or charity.

7. Organize Your Child's Day
   - Mindfulness can only take root in a child's life if they have schedules and shared responsibility for household chores.

8. Lead by Example
   - Mindful children grow from watching you. When you demonstrate the powerful effects of mindfulness in your own life, they will want to follow suit.