

# Quick Tips for Mental Health - Parenting Skills

## Mindful Parenting is About Connecting With Your Child and Yourself

The relationship with your child is one of the most important in your life. It's also one that may become harder with societal shifts. Research shows that today's young adults are suffering from stress, anxiety, depression, and insomnia more than past generations.

Mindful Parenting means cultivating the skills to remain calm, focused, curious and non-judgmental. Kids and teens are not only managing normal developmental transitions: they are also facing greater cultural expectations to fit in and pressures to achieve more than we experienced when we were their age.

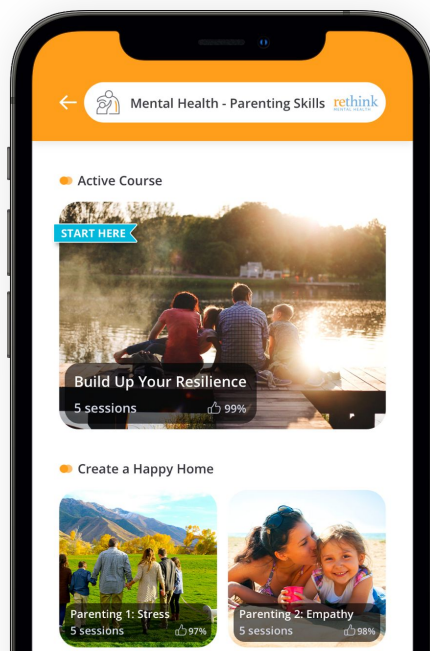
## 4 Parenting Facts!

Mindfulness has been shown to help people listen better, strengthen relationships, overcome conflict, and take things less personally - all critical skills when you're raising young people.

## Five Things to Know:

- 1. Ask your kids creative questions.** At a certain age, kids (teens) can become monosyllabic. Instead of asking closed-ended questions, like "How was your day?" which can garner responses like, "fine." Consider questions like, "What was the highlight of your day?" "What made you smile today?" and more.
- 2. Give your kids the benefit of the doubt.** Trust them. Encourage them. Thank them. They need it more from their parents than anyone else in the world, even if they won't say it.
- 3. Instill good values in your children.** Kids' values are influenced by the attitudes and behaviors of the adults in their lives - and especially parents. Think about three values you hope to instill in them, and make it a practice to talk about those values regularly (e.g., "If you see wrong, take a stand." Or, "When you make a mistake, apologize.")
- 4. Eat meals as a family.** Time together as a family is important. Ask your kids about their day. Share the things that you're each grateful for. Cook together and do all you can over dinner to make your family feel connected.
- 5. What's the best place to start?** Visit RethinkCare's "Mental Health - Parenting Skills" training collection for mini-courses on Mindful Parenting. Learn ways to build resilience and techniques to manage the challenges of modern day parenting.

**Take 5-minutes a day to learn about mindful parenting!**



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## Explore Similarities and Differences

Dr. Tara Cousineau recommends speaking with your child about similarities and differences between you and them. This creates openness to explore common ground and core values in the family and to celebrate how each of you is completely unique, amazing and quirky.



**Mindful Parenting...**  
give your kids the benefit of the doubt...

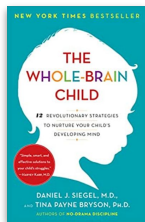
## 7 Questions to Ask Your Kids Instead of “How Was Your Day?”

1. What was the highlight of your day?
2. What did you do that was creative?
3. What made you smile today?
4. What did you learn that was new?
5. Who did you sit with at lunch?
6. What are you looking forward to tomorrow?
7. If you could change one thing about the day, what would it be?

93% of users report  
“RethinkCare helped me Parent Mindfully.”

### Where Can I Learn More?

Use the RethinkCare app or read Daniel J. Siegel and Tina Payne Bryson’s book, *The Whole-Brain Child*.



### Train Life Skills

Instead of teaching your kids how to (always) be successful, teach them how to respond when they are not.

