

Resources for Mindful Parenting

Jon and Myla Kabat-Zinn, *Everyday Blessings: The Inner Work of Mindful Parenting*

From Amazon.com Review: In the rush, rush, rush of too-much-to-do-and-no-time-to-do-it, the all-important, nurturing aspects of parenthood can easily disappear. Jon Kabat-Zinn, author of *Wherever You Go, There You Are* and Myla Kabat-Zinn have collaborated on *Everyday Blessings*, a book that approaches parenting from the Zen Buddhist position of moment-to-moment awareness. It's a beautiful presentation and a thoughtful approach to mindful meditation that will help you slow down, enrich your life as a parent, and nourish the internal life of your children.

From an interview with Jon on the book: *Parenting through mindfulness has the potential to penetrate past surface appearances and behaviors and allow us to see our children as they truly are, so we can act with some degree of wisdom and compassion. The more we are able to keep in mind the intrinsic wholeness and beauty of our children – especially when it's difficult to see – the more our ability to be mindful deepens.*

The Self-Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance by Polly Young-Eisendrath

From Publishers Weekly: Young-Eisendrath, a Vermont-based Jungian analyst, practicing Buddhist and author (*Women and Desire*), identifies a threatening and perplexing problem she calls the self-esteem trap. Today's children and young adults are suffering from a number of symptoms, including obsessive self-focus, restless dissatisfaction, pressures to be exceptional, unreadiness to accept responsibilities and feelings of either superiority or inferiority. According to the author, instead of contentment and positive self-regard, kids raised to believe they are extraordinary or special are more likely to be unhappy and disappointed. Being ordinary and realizing one's connection to the human community is the real key to happiness, she argues, and cultivating the qualities of generosity, discipline, patience, diligence, concentration and wisdom will lead to children who are self-confident and content. She also warns against parents who run interference, protecting their children from inevitable disappointments. Instead, letting kids develop autonomy and experience the consequences of their decisions, she claims, is the way to go.

Parenting From the Inside Out by Daniel Siegel and Mary Hartzell

From Product Description: How many parents have found themselves thinking: I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents? In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent. Drawing upon stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children. Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child-development specialist and parent educator, *Parenting from the Inside Out* guides parents through creating the necessary foundations for loving and secure relationships with their children.