

10 Qualities of Mindful Parenting

1

Lead with Love

Be a heart-centred model.

Foster Connection 2

Put the relationship first.

3

Be Curious

Questions are more powerful than answers.

Trust

Let go of thinking you need to be in control.

4

5

Be Open

Vulnerability is our strength.

Show Compassion 6

Approach with gentleness.

7

Accept

Make peace with imperfection.

Honour the Journey 8

Everyone's path is sacred.

9

Practice Gratitude

Everything serves us in some way.

Embrace Impermanence 10

Change is inevitable.



inspired centre

inspiredcentre.ca



localParent

localparent.ca