

THE PURPOSE OF PARENTING

To PROTECT and PREPARE children to SURVIVE and THRIVE in the kind of society in which they will live

Mindfulness is...

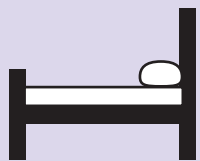
- paying attention
- fully
- in the present moment
- on purpose

Mindfulness can help you...

- Calm your strong feelings by moving *through* them.
- Manage stress.
- Stay present—in relationships and in life.
- Be at your best with your kids!

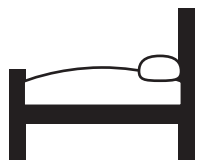
STYLES OF PARENTING

Too Hard



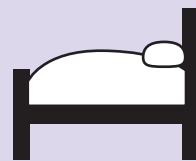
- Too many rules
- Too few choices

Just Right (The Active Parent)



- A balance between rules and choices (Freedom within limits)
- The Method of Choice

Too Soft



- Too few rules
- Too many choices

AGES and STAGES

- Birth to 1 → The Baby
Age 1 → The Explorer
Age 2 → The Boss
Age 3 → The Pal
Age 4 → The Adventurer

Self Care
is not
selfish!

- Healthy body
- Healthy mind
- Talk and visit with other people.
- Get organized.

EVERY DAY
A LITTLE PLAY!
Follow your child's lead!

LOVE
NURTURE
CONNECT

Supplement this video with the *Active Parenting: First Five Years Parent's Guide* for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.

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