MINDFULNESS: AN INTRODUCTION FOR PARENTS

OF STUDENTS IN THE KUTZTOWN SCHOOL DISTRICT

Both practical and experiential, this presentation describes how mindfulness is at the heart of being a nurturing parent. Included will be information on a mindfulness curriculum for adolescents to cultivate emotion regulation, attention, and performance.

You will learn:

What mindfulness is and the benefits of being present in mind and body with your child.

How a mindful approach supports flexible responding to stressful situations rather than automatic reactions.

Practical and accessible exercises that promote calmness, empathy, and emotional balance for you and your child.

Ways the adolescent program, “Learning to Breathe,” can assist your child to improve attention in school, support positive social skills, and promote emotional regulation.

The presenter, Ali Nass-Yepsen, M.Ed., has 25 years experience as a school counselor. She has been teaching mindfulness Based Stress Reduction (MBSR) to children and adults for the past 12 years both in school and in the community. Her many trainings include the University of Massachusetts’ MBSR Teacher Development Intensive, and extensive training in mindfulness for children and teens (including The Learning to Breathe Program).