

# MINDFUL PARENTING



Mindful Parenting is being fully present with your child, listening with empathy and without judgment.

It encourages calm, conscious responses instead of reactive behavior, nurturing a deeper parent-child connection.







# PARENTING STYLES



## Authoritative

Warm, responsive, and sets clear boundaries.

Encourages independence with guidance.

## Authoritarian

Strict, high expectations with little warmth.

Emphasizes obedience and discipline.

## Permissive

Warm and indulgent, but with few rules or expectations.

Often avoids confrontation.

## Neglectful

Emotionally detached and uninvolved.

minimal guidance or attention.





# IMPORTANT ASPECTS OF MINDFUL PARENTING

Positive  
Communication

Quality Time  
v/s  
Screen Time

Food &  
Nutrition





# POSITIVE COMMUNICATION

Mindful and Healthy Communication

2 Way Communication

Active Listening

Appreciate often

Developing Consistency and Reinforcement

Expectations and Comparisons

Setting a Routine, Give them Space

Children are keen observers & Quick Learners





# SCREEN TIME V/S QUALITY TIME

More Outdoor Play

Video games do more damage

The 20-20 Rule

Bonding over Meals

Quality Time (board games, cooking, etc)

Setting Boundaries, consistently & gently

Parental Control over Social media and OTT platforms





# FOOD AND NUTRITION

Introduce food positively

Balanced meals/ Colourful Meals

Food Psychology

Make meals fun

Junk Food & its effect on behaviour & moodswings





# MINDFUL DISCIPLINING

Focus on Behavior, Not Character

Offer Choices

Establish Clear Consequences

Offer Time-outs instead of Punishments

Model Desired Behaviours

Self Help Strategies





# POSITIVE OUTCOMES

Stronger Parent-Child Relationship

Improved Emotional Regulation

Reduced Conflict

Greater Cooperation

Increased Self-Esteem





# ROLE OF SPECIAL EDUCATOR



Assessment of Students with Special Needs

Developing Individualized Education Plans (IEPs)

Curriculum Adaptation & Classroom Support

Collaboration with Parents, Teachers & Therapists

Teacher Training and Sensitization

Providing Remedial Teaching

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**Q & A**







# THANK YOU

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