

# Balancing Boundaries and Bonding: A Guide to Mindful Parenting for Grade VIII Parents

Pune, Maharashtra | 26<sup>th</sup> April, 2025



In a progressive step towards nurturing more mindful and emotionally attuned parent-child relationships, the Guidance and Counselling Department of S.B. Patil Public School organised an enriching session on Mindful Parenting for the parents of Grade VIII students on 26<sup>th</sup> April, 2025.

The session opened by exploring the essence of mindful parenting: the art of being fully present with one's child, listening with empathy and without judgement. Parents were encouraged to cultivate calm, conscious responses over reactive behaviour, thereby deepening the emotional bond with their children.



The counsellors elaborated on different parenting styles, highlighting the impact of authoritative, authoritarian, permissive, and neglectful approaches. Emphasis was placed on the authoritative style — a balance of warmth, responsiveness, and clear boundaries — as the most effective in promoting a child's independence with guidance.



**Key aspects of mindful parenting were thoroughly discussed, including:**

1. **Positive Communication:** Active listening, consistent reinforcement, healthy dialogue, and developing routines while allowing personal space were championed as vital strategies.



2. **Screen Time versus Quality Time:** Parents were urged to prioritise outdoor play, family bonding over meals, and setting gentle yet consistent boundaries around digital consumption. Practical suggestions, such as the '20-20 rule' and using board games or cooking sessions for engagement, were shared.

3. **Food and Nutrition:** The importance of introducing food positively, promoting balanced colourful meals, and understanding food psychology in relation to behaviour and mood swings were highlighted. Making mealtimes enjoyable was encouraged as a subtle but powerful parenting tool.



The session also addressed Mindful Disciplining, where the focus should be on guiding behaviour rather than criticising character. Techniques such as offering choices, modelling desired behaviours, establishing clear consequences, and favouring time-outs over punishments were recommended.



Parents were also introduced to the positive outcomes of adopting mindful parenting strategies, including stronger parent-child relationships, improved emotional regulation, reduced conflicts, enhanced cooperation, and greater self-esteem in children.

Additionally, the role of the Special Educator, Mr Sujay Ghule, was discussed, underscoring the support provided for students with special needs through assessments, Individualised Education Plans (IEPs), curriculum adaptations, and collaboration with teachers, therapists, and parents.



The interactive session concluded with a lively Q&A segment, allowing parents to seek practical advice and clarifications. The overwhelming participation and feedback reflected the community's genuine commitment to fostering healthier and more mindful parenting practices.

S.B. Patil Public School continues to affirm its dedication to not only academic excellence but also holistic emotional development, equipping families to raise confident, empathetic, and resilient young individuals.

We thank the school counsellors, Ms. Sabitha Pramodh and Ms. Manasvi Kulkarni; the wellness coach, Ms. Payal Shah; and the special educator, Mr. Sujay Ghule for carrying out this wonderful session. We also thank our principal, Dr. Bindu Saini; vice principal, Ms. Padmavari Banda; and the administrative manager, Mr. Manish Dhekale for their support and to help organise the event.