



Mindful Parenting

A free 6-week online course to help you manage stress, respond with greater calm and compassion, and reconnect with the joys of parenting.

AWARE NI is delighted to offer a series of free 6-week online mindfulness programmes specifically tailored for parents and carers of children and young teenagers. Mindful Parenting explores the many aspects of parenting and how bringing mindfulness to our roles as parents enhances our lives and wellbeing and those of our children.

- We have various free courses running throughout the year.
- These courses are hosted online via Zoom.
- Beginners are welcome - no experience necessary!
- Each session runs for two hours and is interactive, with a focus on practice, open discussion, and reflection.

For more information on available courses, please visit aware-ni.org/upcoming-mindfulness-courses, scan the QR code below or email sharon@aware-ni.org



AWARE-NI.ORG    

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AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Mindful Parenting

Course information

This six-session course offers an experiential journey into mindful parenting. Each weekly 2-hour session is interactive, with a focus on hands-on practice, discussion, and reflection.

Who it's for

Ideal for parents and carers of children and young teens who want to deepen their understanding of parenting and bring more mindfulness into daily life.

What to expect

We'll explore key aspects of parenting through a mindful lens—learning how present-moment awareness can support your wellbeing and strengthen your relationship with your child. You'll gain practical tools to manage stress, respond with greater calm and compassion, and reconnect with the joys of parenting. Research shows mindfulness in family life boosts communication, emotional resilience, and connection.

As parents, we often juggle competing demands and emotional ups and downs—both our own and our children's. This course offers a supportive space to reflect and build confidence in facing those challenges.

A compassionate approach

Mindful parenting isn't about perfection—it's about being present, kind, and real. We embrace the idea of being a "good enough" parent, knowing we can only offer our children what we first offer ourselves.

What you'll learn

Each week includes adult mindfulness practices and fun, simple activities to try with your child. These offer new ways to connect, play, and be present together. A chance to pause, reflect, and reconnect with what matters most in your parenting journey.

Course participants should:

- **Create a Zoom account**
- **Attend all sessions and be punctual, with your camera on.**
- **Do some personal mindfulness practice in your own time**