Mindful Parenting Resources

Developed by Dr. Carly Shecter

**Books Related to Mindful Parenting**

* Bailey, Michelle L.: Parenting your Stressed Child
* Bertin, Mark: The Family ADHD Solution
* Kabat-Zinn, Jon and Myla: Everyday Blessings: The Inner Work of Mindful parenting
* Maloney, Raelynn: Waking Up: A Parent’s Guide to Mindful Awareness and
* Connection
* McMurry, Christopher: Parenting Your Anxious Child with Mindfulness and
* Acceptance
* Merryman, Ashley: Nurtureshock: New Thinking About Children
* Napthali, Sarah: Buddhism for Mothers of Young Children
* Ohye, Bonnie: Mothering from the Heart
* Payne, Kim John and Ross, Lisa: Simplicity Parenting
* Placone, Pilar M.: Mindful Parent, Happy Child
* Siegel, Daniel J. and Hartzell, Mary: Parenting from the Inside Out
* Siegel, Daniel J. and Payne Bryson, Tina: The Whole Brain Child
* Smalley, Susan and Winston, Diana: Fully Present: The Science, Art and Practice of Mindfulness
* Vieten, Cassandra: Mindful Motherhood

**Books Related to Mindfulness for Children and Adolescents**

* Biegel, Gina: Mindfulness-Based Stress Reduction Workbook for Teens
* Case, Karen I., Proulx Schirduan, Victoria and Shearer, C. Branton: Mindful Education for ADHD Students
* Thich Nhat Hanh: Planting Seeds: Practicing Mindfulness with Children
* Diorio, Rana: What Does It Mean To Be Present?
* Fisher Huck, Laurie: Meditation for Kids
* Fontana, David and Slack, Ingrid: Teaching Meditation to Children
* Greco, Laurie A. and Hayes, Steven C: Acceptance & Mindfulness Treatments for Children & Adolescents
* Langer, Ellen J: The Power of Mindful Learning
* Lantieri, Linda: Building Emotional Intelligence
* MacLean, Kerry Lee: Moody Cow Meditates
* MacLean, Kerry Lee: Peaceful Piggy Meditates
* Schoeberlein, Deborah: Mindful Teaching and Teaching Mindfulness
* Snel, Eline: Sitting Still Like a Frog

**Websites Related to Mindful Parenting**

www.mindfullifetoday.com

www.communityofmindfulparents.com

www.mindfulground.com

www.mindfulhub.com

www.growing-happiness.com

www.scarymommy.com

www.mindfulmother.com

www.mindfulparenthappychild.com

www.themindfulparent.org

familydharma.pulelehuadesign.com/mindfuln.htm

www.growingspirit.org/gs/mindfulness.html

drdansiegel.com

www.mindfulmom.com

**Mobile Apps**

* [**Stop, Breathe, and Think**](http://stopbreathethink.org)**:** Free web and mobile app for youth, with meditations for mindfulness and compassion
* [**Calm.com**](http://www.calm.com)**:** Free website and mobile app with guided meditation and relaxation exercises
* [**Insight Timer**](https://insighttimer.com)**:** Free mobile app with virtual “bells” to time and support your meditations
* [**MindShift**](http://www.anxietybc.com/mobile-app)**:** Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety
* [**Smiling Mind**](http://smilingmind.com.au)**:** Free mobile mindfulness app for young people, from Australia
* [**Headspace**](https://www.headspace.com/): “Meditation made simple.” This app has a free introductory period, after which it requires a paid subscription to continue to use.
* **Breathr:**This free mobile app was developed by Kelty Mental Health

**Guided Mindfulness Meditation Recordings for Youth**

* Kelty Mental Health has guided meditations at: keltymentalhealth.ca/node/3264
* Mindfulnessforteen.com has free guided meditations
* Amy Saltzman: [Still Quiet Place: Mindfulness for Teens](http://www.stillquietplace.com/?page_id=16) (CD)
* Gina Biegel, [Mindfulness for Teens: Meditation Practices to Reduce Stress and Promote Well-Being](http://www.stressedteens.com/store/) (CD, MP3)
* Larry Rosen: [The Buddha and the Fig Tree](http://www.cdbaby.com/cd/drlarryrosen) (CD, MP3)
* Mindful.org’s [Audio Resources for Guided Meditations](http://www.mindful.org/audio-resources-for-mindfulness-meditation/) collection is free