

# Mindful Parenting Resources

(Insight Meditation of Cleveland: [imcleveland.org](http://imcleveland.org))

## Self-Exploration and Mindful Parenting

[Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive](#), Mary Hartzell, MEd & Daniel J. Siegel, MD

Broad view of parenting, looking at internal processes and their effects on subsequent parenting behavior. Includes self-assessments, e.g., Adult Attachment Interview.

[Everyday Blessings: The Inner Work of Mindful Parenting](#), Myla & Jon Kabat-Zinn.

A classic in mindful parenting inviting parents to explore how their inner worlds impact their parenting and relationships with their children.

[Mindful Parenting: A Guide for Mental Health Practitioners](#), Susan Bogels & Kathleen Restifo

Mindful parenting curriculum for 8-session course.

[The Complete Buddhism for Mothers](#), Sarah Naphthali

Reflections from a Buddhist mother on parenting and encouragement for mindfulness in your own parenting. Includes mindfulness practices. Helpful to moms and dads.

[Buddha Mom: A Journey Through Mindful Mothering](#), Jacqueline Kramer

Another wonderful set of reflections on integrating spiritual life and parenting, providing much encouragement. Great for both moms and dads.

## Mindfulness-Informed Parenting Practices

[The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#), Daniel J. Siegel & Tina Payne, PhD

Parenting approach based on brain science.

[Mindful Discipline: A Loving Approach to Setting Limits & Raising an Emotional Intelligent Child](#), Shauna Shapiro, PhD & Chris White, MD

Parenting approach that keeps parents' internal processes and mindfulness in mind. Includes exercises for self-exploration and supporting a mindfulness-based awareness practice.

## **Introduction to Mindfulness Practice Books**

[Wherever You Go, There You Are](#), Jon Kabat-Zinn, MD

A classic beginner's guide to starting a mindfulness meditation practice. Simple and straight-forward.

[A Path with Heart: A Guide to the Perils and Promises of Spiritual Life](#), Jack Kornfield, PhD.

A detailed guide to starting a meditation practice through somewhat advanced practice. Lots of helpful anecdotes.

[Mindfulness in Plain English](#), Bhante Gunaratana, PhD (Henepola Gunaratana)

Classic beginner's guide to mindfulness meditation from a Buddhism practitioner.

## **Digital Resources**

[Susan Kaiser Greenland](#)

Supportive resources for practicing parents and teaching children mindfulness.

[Dr. Dan Siegel](#)

Video resources for learning how to parent children and teens more effectively, including using mindfulness.

[Oren Jay Sofer](#)

Mindful communication with anyone, including children.

[Happily Family](#)

Great website full of resources and yearly free conferences.