

Do Mindful Parents Have Mindful Kids?

1. The Study



Professor Hali Kil and colleagues (2022) explored whether **mindful parents** might be able to raise more **mindful kids** among families of 9–12 year olds.

2. What Did Researchers Find?

1. Mothers who were very **mindful** used more **mindful parenting** techniques, which was in turn **linked** to **kids** being **more mindful**, too!

2. This link **wasn't** found for **fathers** in the study.



3. Takeaways!

- 1** Practicing mindfulness as a parent can set a **foundation** for your child's mindfulness.
- 2** Using mindful parenting can show kids how to stay **calm** and **focused**, and how to manage **stress** and **emotions**.
- 3** **Moms** and **dads** may influence their children's **mindfulness** in different ways.