

PARENT GUIDE

Season 5, Episode 8 – *Mindful Parenting: Raising Calm, Confident Kids*

(For Parents & Caregivers)

WHAT THIS EPISODE COVERS (Key Takeaways)

From the expert conversation and episode content, parents learn:

- Kids absorb the emotional “weather” around them
- Adult stress and regulation directly affect children’s behavior and mood
- Mindfulness does not require long meditations or special equipment
- Small pauses during daily transitions can calm bodies and brains
- Modeling calm responses teaches kids how to regulate themselves
- These skills support emotional regulation, decision-making, and resilience

AGES 6–9 (WITH THE EXPLAINER VIDEO)

Before Watching

You might say:

“Sometimes our house feels really busy. This video shows a tiny trick that helps our bodies feel calmer.”

Ask one simple question:

- “Where do you feel it in your body when you’re stressed or worried?”

(You can name examples: stomach, shoulders, chest.)

During Watching

Let the video guide the experience.

Notice together:

- Tight shoulders and wiggly stomachs



- The idea of a **mindful moment** as a pause
- The **Doorway Reset**
- Feeling feet, breathing slowly, noticing senses

You don't need to explain — just observe.

After Watching

Keep it light and curious:

- “What part did you like best?”
- “When do you think this might help?”

Invite (don't require) practice:

“Want to try a Doorway Reset together when we come home or before bed?”

Normalize:

“Everybody feels busy or worried sometimes — even grown-ups.”

AGES 10–13 (USING THE IDEAS WITHOUT THE VIDEO)

Before the Conversation

Acknowledge their age:

“This idea works for kids and grown-ups — just in different ways.”

Ask:

- “What situations make your body feel stressed?”
- “What helps you calm down when things feel like a lot?”

During the Conversation

Discuss:



- Stress as something that shows up in the body
- Why transitions (homework, games, bedtime) are tricky
- How short pauses help the brain reset

You can rename the tool:

- “Pre-game reset”
- “Pre-test reset”
- “Homework reset”

After the Conversation

Reinforce:

“These pauses aren’t about fixing feelings — just noticing them.”

Encourage use before:

- Tests
- Sports
- Social situations
- Bedtime

AGES 13+ (TEENS)

Acknowledge independence:

“This might sound simple, but these are the same tools athletes, performers, and adults use.”

Conversation focus:

- Stress, anxiety, and pressure
- How pausing helps avoid impulsive reactions
- Choosing how to respond instead of reacting

Offer autonomy:

“You don’t have to do this my way — find what works for you.”



PARENT-ONLY CONTEXT (FROM THE EPISODE)

(Do not share verbatim with kids)

This episode emphasizes:

- Kids are deeply affected by adult stress levels
- Calm is contagious — so is chaos
- Short mindfulness practices support emotional regulation
- These skills strengthen impulse control and decision-making
- Over time, this builds protective factors linked to reduced risk behaviors

You are not teaching “behavior change.”

You are giving kids a **pause button** for their nervous system.

PRACTICAL TOOLS YOU CAN USE

1. The Doorway Reset

Use during transitions:

- Coming home
- Entering a room
- Starting homework
- Bedtime

Steps:

1. Feel feet on the floor
2. Take three slow breaths
3. Name one thing you hear, see, and feel

2. Create Your Own Family Reset

Pick:

- A daily moment you already have
- One simple anchor (breath, body, senses)
- A short, friendly name

Repeat one line:



“Before we ___, we pause.”

3. Model First

Say it out loud:

“I’m taking a breath so I don’t bring my stress in with me.”

Invite — don’t force.

CORE LINE (CONSISTENT ACROSS EPISODES)

“We don’t have to know everything — we just have to stay connected.”

Important Note for Parents and Caregivers

This parent guide is provided for **educational and informational purposes only**. It is not intended to replace medical, psychological, legal, or substance use treatment advice.

Every child and family situation is different. The strategies and suggestions shared here are meant to support thoughtful conversation and prevention-focused parenting, but they may not apply to all circumstances. Parents and caregivers are encouraged to use their own judgment and to consult qualified professionals when appropriate.

Neither the producers of *Awkward Conversations*, nor the participating organizations, hosts, or guests assume responsibility for decisions made based on this material.

If you believe a child or family member may be at risk of harm, please seek immediate professional support or contact local emergency services

