

MINDFULNESS RESOURCES

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and
More Compassionate
by Susan Kaiser Greenland

Mindful Kids: 50 Activities for Calm, Focus and Peace
by Whitney Stewart and Mina Braun

50 Mindful Steps to Self-Esteem: Everyday Practices for
Cultivating Self-Acceptance and Self-Compassion
by Janetti Marotta PhD

Mindful Parenting: Simple and Powerful Solutions for Raising Creative,
Engaged, Happy Kids in Today's Hectic World
by Kristen Race PhD

Mindful Parenting in a Messy World: Living with Presence and Parenting
with Purpose
by Michelle Gale

Positive Parenting: An Essential Guide
by Rebecca Eanes

The Mindful Mother: A Practical and Spiritual Guide to Enjoying Pregnancy, Birth
and Beyond with Mindfulness
by Naomi Chunalil

Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing
Your Child's Use of Technology
by Lucy Jo Palladino