



Introductions of How and When to Introduce Mindfulness to your Child & Adolescent

When you are trying to teach your children or teenager about mindfulness, remember a few things it will increase the rate of engagement with your children/adolescent:

- ✓ Please ensure you have started your own practice and/or prepared to start the journey with them. Mindfulness is a very individualized and personal experience which is felt. Make sure they are ready to give mindfulness a try; if they are full of energy and eager to run and play, it may not be the best time for practicing mindfulness for the first time.
- ✓ Use age-appropriate words, so they will understand. Also, explain it from a curious stance.
- ✓ Offer to practice mindfulness with them; similar to how some adults prefer workout partners doing the practice with your child or adolescent can turn it into a more insightful experience.
- ✓ Assure them that it's okay to get off track, and how to gently guide themselves back to mindfulness when they realize they lost focus.
- ✓ Finish the practice by doing something they enjoy with them to ensure they have a positive experience.
- ✓ Include appropriate giggles and laughter because a sense of nervousness and self-judgment regarding if they are doing it "right" may be at play. It should be enjoyable, not a task.

- ✓ For older children and adolescents focus on teaching them about their brains and their mind. They are usually fascinated about how the mind works; thus, this could be a wonderful place to pique their curiosity and assess their readiness to start a mindfulness practice.

***A [Ted talk by Dan Siegel](#) who offers valuable information on this subject matter.

I hope you found this helpful and remember Your Time Is N.O.W