

# Resources for Mindfulness, Meditation, Relaxation, and Yoga For Parents of Stressed-out Kids



## Help Your Stressed-out Kids Relax

Meditation, mindfulness, relaxation and yoga are powerful methods for stress relief, and they have many other benefits as well. They are also great for a variety of age ranges! Meditation can be helpful for relaxation, focus, memory, and stress management. In today's society, there are endless resources on the Internet for learning about meditation, mindfulness, relaxation and yoga. However, there are obviously a lot of resources that are not worth the time it takes to find them and read them. That's why we have collected a great selection of resources for stressed-out kids and parents to learn about relaxation. Check out the links below, which include articles, Pinterest and Facebook pages, podcasts and more! Come back regularly, as the links are updated frequently.

## Articles

[Meditation for Parents:](#) An article that tells parents about a quick 20 minute meditation activity that's simple and can help to make your life calmer through mindful parenting. For adults

[Mindfulness for Parents and Teens:](#) An article that explains the benefits and importance of mindfulness to parents. It also includes suggestions on how to help your teen to practice mindfulness and self-care. For adults.

[The 5 Main Tenets of Mindful Parenting:](#) An article that discusses 5 important principles of mindful parenting. For adults.

[13 Things Mindful People Do Every Day:](#) An article that has 13 habits that mindful people tend to do every day. For teens and adults.

[Mindfulness Education in Schools:](#) An article about mindfulness in schools, in science, in the workplace, and in social media. For adults.

## Facebook and Pinterest Pages

[Teaching Mindfulness Pin:](#) A Pinterest page that explains how parents can introduce mindfulness to their kids. Includes books, scripts and videos. For adults.

[Parenting With Presence Board:](#) This Pinterest board is about positive parenting, mindful living, and instilling love in the family. For adults.

[Mindful Parenting Craft Ideas Board:](#) A Pinterest board filled with great craft ideas for kids that promote mindfulness. For adults.

[Mindful Parenting Facebook:](#) A Facebook page dedicated to mindful parenting. Click “like” to see news and updates and videos right to your Facebook homepage. You can also interact with other people who have liked this page by commenting on links you found useful. For adults.

[Mindful Parenting Monthly Drop-In Session Facebook:](#) This Facebook page provides details about a monthly Mindful Parents support group and yoga session in Cummington, MA. For adults.

## **Podcasts**

[Integrating Self-Awareness Into Life:](#) A podcast dedicated to helping parents integrate mindfulness into their every day lives and into the lives’ of their children. For adults.

[Meditation Podcasts:](#) A website with links to online podcasts, as well as Itunes podcasts. It can be really helpful to have access to relaxation-focused podcasts on your phone, so you can listen whenever you want to. For adults

[Yoga, Parenting, and ADHD:](#) In this podcast, Matt Korsky discusses the importance of a healthy body and mind in children with ADHD. For adults

[Meditation Oasis:](#) Another website filled with guided meditations. Easy to access, most of them are under 20 minutes long. For adults.

Visit the [South County Child & Family Consultants](#) website for more great articles!