



## Mindful Conversation

Want to improve communication with your child? Be truly present with them.

To practice Mindful Conversation:

1. Shift to Now – As you or your child enter the same space [a room, a car, a yard] mentally note that you have an opportunity to communicate.
2. Take A Mindful Breath – Take one mindful breath – “Breathing in I know I am breathing in . . . breathing out I know I am breathing out.”
3. Focus – Intentionally take note of your child’s body language and tone of voice. “Listen” with all your senses.

NOTE: Sometimes kids are more comfortable speaking with us when they feel we are distracted – so while being fully present, mechanically keep doing what you were doing.