

Mindful Parenting Update for Parenting and Family Educators Webinar References and Resources

Mindful Parent Happy Child

Home page <http://www.mindfulparenthappychild.com> (Sign-up link for future webinars)

Resource links: <http://www.mindfulparenthappychild.com/resources/>

Direct link to purchase book <http://amzn.to/WDXKgA>

The National Extension Parent Education Model (see page 14)

(<http://www.k-state.edu/wwparent/nepem/nepem.pdf>)

WSU Fact Sheet: Mindfulness & Mindful Parenting for Parent Educators (FS107E)

<https://pubs.wsu.edu/ListItems.aspx?Keyword=FS107E>

WSU Fact Sheet: Mindful Parenting for Parents & Caregivers (FS108E)

<https://pubs.wsu.edu/ListItems.aspx?Keyword=FS108E>

References:

David Black, Mindful Research Guide, <http://www.mindfulexperience.org/>

Jon Kabat-Zinn: What is Mindfulness? <http://www.youtube.com/watch?v=xoLQ3qkh0w0>

Jon Kabat-Zinn: What is Mindfulness? "Presence of Heart" Chinese character

http://www.youtube.com/watch?feature=player_detailpage&v=xoLQ3qkh0w0#t=110s

<http://jama.jamanetwork.com/article.aspx?articleid=418137>

Recommended Reading

Andrew Newberg, University of PA, *Words Can Change Your Brain*.

Dan Siegel & Tina Payne Bryson, *The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, 2011

Recommended Contacts, Educators, & Offerings

Sarah Payton, www.empathybrain.com

Rick Hanson, PhD. weekly e-mail with practices to cultivate "greater happiness, love, and wisdom" <http://www.rickhanson.net/writings/just-one-thing>

The Compassionate Brain: Free video-streamed interviews with Richie Davidson, Dan Siegel,

Tara Brach, Dacher Keltner, Kelly McGonigal, Kristin Neff*, and Jean Houston

register at <http://live.soundstrue.com/compassionatebrain> (archived for ~6 months)