



# Mindful Parenting Course

Parenting can be frustrating and lacking in joy at times.

How much discipline should we apply to inculcate good habits and good values?

How hard should we push our children to help them realize their maximum potential?

Perhaps the answers are within us but we are too clouded to see. Learn how to apply mindfulness to clear up our minds and put the joy back into parenting.

## *In The Parents' Words...*

*This course is practical, thought provoking and has helped me apply what I've learnt effectively on my children. Many thanks to the trainer who has made it an enjoyable process.*

Joyce Lim

*This would be a course that all parents should attend with their kids to achieve a much happier family and be kind to each other.*

Chan Mun Hok

*This course has brought about the self awareness of parenting. I will strongly encourage every parent to attend this course to not just learn about mindful parenting but to remind ourselves that having happy, confident and resilient children is the most important thing in life!*

Lim Xu Kah

*Great trainer, very engaging, enjoyed the tinge of humour brought into each class. The course enables you to discover more about yourself than you expect.*

Phoebe Tay

*Excellent trainer made the course even more effective by her own parenting experience. Very useful to teach and remind parents what the most important things in raising children are.*

Ng Shau Mien

## **Outcomes**

- **Better awareness of our emotions and thoughts**
- **Less reactive**
- **Happier relationships**
- **More fulfilling parenting experience**

## **Course Outline**

**Automatic vs.**

**Mindful Parenting**

**Befriending Your Child**

**The Art of Responding, not Reacting to Parenting Stress**

**Managing Conflict and Communications in Parenting**

**Cultivating Kindness**

Check course fees and dates at

[www.brahmcentre.com](http://www.brahmcentre.com)

*Highly recommended. Mindfulness techniques can be applied to any situation, not just for parenting.*

Fulrain Chang

*The trainer was inspiring and used very good examples of everyday situations to illustrate her points. The course has helped me to manage my anger when dealing with my autistic son and made me conscious of the choice of words used will have a great impact on his well-being.*

Victor Tan

Member of



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