



Growmind

mindful parenting



RAISE EMOTIONALLY
INTELLIGENT CHILDREN



✿ FREE SAMPLE ✿

A SHORT TASTE OF THE FULL GUIDE

GROWMIND.STORE

WHAT'S INSIDE

The full guide, at a glance.

- ✦ Research-backed
- ✦ Written for real mums
- ✦ Small, doable steps

For the meltdowns that push you to the edge of your own calm.

Mindful Parenting helps you stay steady when feelings run high, and coach your child through big emotions so they can learn to handle them.

THE TEN TECHNIQUES

- 01 What Emotional Intelligence Is
- 02 The Art of Attunement
- 03 Co-regulation Comes First
- 04 The Validation Technique
- 05 Building an Emotion Vocabulary
- 06 Mindful Discipline
- 07 The Conflict Classroom
- 08 Frustration Tolerance
- 09 The Empathy Model
- 10 The Daily Connection Ritual

IN THIS SAMPLE

Plus a 30-day action plan that turns the ten techniques into small steps, week by week. About 15 pages in all.

In this sample: a short version of technique 03 to try tonight, plus the research behind it.

CO-REGULATION COMES FIRST

03

Help yourself settle, then help them.

“Calm down” is a big ask in the middle of a meltdown. Settling big feelings is a skill children are still learning, and they learn it first with a calm adult beside them. That’s co-regulation: you steady yourself, and your child borrows your calm.

TRY THIS TONIGHT

1

CHECK IN WITH YOURSELF

Notice what’s happening in you first: a tight chest, a rising voice, clenched hands. Breathe out slowly once or twice, then go to them.

2

GET LOW AND GO SLOW

Sit or kneel at their level, close but not crowding. Use fewer words, said more slowly and quietly than feels natural: “That’s so frustrating. I’ve got you.”

3

SAVE THE LESSON FOR LATER

You don’t need to teach or fix anything mid-meltdown. Once they’ve settled, maybe at bedtime, you can talk about what happened and what might help next time.



WORTH REMEMBERING

*You won’t stay calm every time, and you don’t need to.
Each calm moment is practice, for both of you.*

A short version of technique 03, written for this sample. The full guide has the original, plus nine more.

THE RESEARCH BEHIND IT

Why it's worth trying.

 Real studies, plain words.

Coaching feelings, rather than shutting them down, makes a difference.

FINDING 01

In John Gottman's research at the University of Washington, children whose parents coached them through their emotions, rather than dismissing or punishing them, had fewer behaviour problems and longer attention spans, and did better at school.

Source: Gottman, J. (1997). Raising an Emotionally Intelligent Child; University of Washington Department of Psychology.

FINDING 02

In brain-scan research with adults, simply putting a feeling into words calmed the amygdala, a part of the brain that reacts to threat.

Source: Lieberman, M. D. et al. (2007). Psychological Science, 18(5).

These studies back the ideas the guide uses. They weren't studies of the guide itself.

WHAT’S NEXT

WANT THE OTHER NINE?

This sample has one technique. The full guide has ten.

Mindful Parenting gives you all 10 research-backed techniques, each with simple steps to try, plus a 30-day action plan to help them stick. About 15 pages, written for real mums.

THE FULL GUIDE

Mindful Parenting

Mindful Parenting Techniques for Raising Emotionally Intelligent Children
10 techniques, a 30-day action plan, about 15 pages.

NZ\$19

GET THE FULL GUIDE

growmind.store/products/mindful-parenting-techniques-for-raising-emotionally-intelligent-children

THE GROWMIND BUNDLE

All three guides

NZ\$39

NZ\$53 bought separately

-  **Parenting Without Guilt**
For the 10pm replay. Quiet the inner critic and let go of mum guilt.
-  **Mindful Parenting**
For the meltdowns. Stay calm in the moment and coach big feelings.
-  **Raising Confident Children**
For their self-belief. Build resilience, confidence and a growth mindset.

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 *You’re doing better than you think.*

This sample is general information, not medical or psychological advice. If you’re struggling, please talk to your GP or a health professional.