

Services Available for Day Care Centres



At **Mindful Parenting Lifestyle** we strive to help parents and children build a strong foundation to be better able to manage their **emotions**, develop **empathy**, **confidence** and create a **positive** outlook.

Sessions are run by certified Mindful Parenting and Head and Heart Mindfulness Instructor, Nina Visic, founder of Mindful Parenting Lifestyle.



Free Workshops for Parents

Build a sense of community with our **free** one-hour workshops for parents and/or educators (via zoom).

There are two options to choose from:

Create a Calmer Lifestyle

Uncover four key tools that can help parents stay calm, yell less, and reduce parent guilt.

Overcome the Overwhelm

Learn two mindset shifts and four strategies that will help parents gain control of their life again.

Mindfulness for Children

Help improve childhood mental health, wellbeing, self regulation, attention and concentration with an 8-week Mindfulness Programs, delivered at your centre,

These programs include the three core concepts of mindfulness, meditation and heartfulness. Read the following page for more information.

All sessions meet areas of the Early Years Learning Framework (EYLF) & National Quality Standards (NQS).

About Nina

I'm Nina, mum to three loud and rambunctious little boys. I'm also a certified Mindful Parenting Coach and Head and Heart Mindfulness Instructor.

I began my mindfulness journey when my youngest was born, almost 3 years ago. I went from being stressed out, overwhelmed and quick to anger, to being cool, calm and connected to my kids.

I love being able to share mindfulness with my boys, teaching them the skills to be able to regulate their emotions (like I have done) has to be one of the most satisfying lessons to pass on to them.

I am so excited to have this opportunity to share these same benefits of mindfulness with you and your community!

Contact Nina to find out more or arrange a booking.



nina@mindfulparentinglifestyle.com.au



0438 530 582



www.mindfulparentinglifestyle.com.au

Mindfulness Programs for Children



Mindful Parenting Lifestyle aims to give children the skills to deal with difficult emotions and remain mindful in everyday life - to empower them to experience a greater sense of calm and happiness throughout their lives.

In-centre programs for 3-4 year olds

Mindfulness programs run for 8-weeks, with sessions running for 30 minutes.

All materials and resources are provided.

Each week we learn about and experience:

- Mindful Movement
- Mindful Listening
- Mindful Looking
- Mindful Smelling
- Mindful Touch
- Gratitude and Kindness
- Mindful Breathing
- Guided Visualisation
- Positive Thinking

Program options include:

- Big Feelings
- Manners
- Be Empowered
- Resilience
- Social Skills



Early Years Learning Framework

These mindfulness programs meet the following EYLF:

Learning outcome 1

Children have a strong sense of identity

Learning outcome 2

Children are connected with and contribute to their world

Learning outcome 3

Children have a strong sense of wellbeing

Learning outcome 4

Children are confident and involved learners

Learning outcome 5

Children and effective communicators

Investment: \$1250 for 8-week cohort

*please ask about subsidies for additional cohorts



Mindfulness



Meditation



Heartfulness

Would you like a free trial at your day care centre?
Would you like to discuss which package would best support your needs?

Contact Nina to find out more or arrange a booking.



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