

# Mindful Parenting



## This Summer!

- *Slow Down*
- *Create a Calmer Home*
- *Improve Concentration*
- *Regulate Behavior*

How our everyday parenting impacts the development of our children's brains.

Based on the research  
in *The Whole Brain Child*  
by Daniel Siegel & Tina Payne Bryson

**Register:** Email Mary Lea  
[marylea@mindfulkidsnj.com](mailto:marylea@mindfulkidsnj.com)

*Four-Week Class*

*Monday Nights*

*June 27 &*

*July 11, 18 and 25*

*7:00 - 8:30 pm*

**Madison  
Community  
House**

with

**Mary Lea Crawley**

Certified Mindfulness Instructor

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

**Price: \$100**