

# Parent-Child

## Self-Compassion

Life can be stressful, and as parents we want to be able to help our children to effectively deal with adversity. This fun and engaging parent-child self-compassion live online training can help parents/caregivers and children age 6-10 to develop and practice the vital skills of mindfulness and self-compassion together.

Numerous research studies show that self-compassion is strongly associated with emotional wellbeing, coping with life challenges, lower levels of anxiety and depression, and more satisfying personal relationships. It is a gift to be able to help our children develop this inner strength.

Parent-Child Self-Compassion training includes:

- Mindfulness
- Understanding emotions
- Self-Kindness practices
- Body awareness
- Coping effectively with difficult emotions
- Strategies for self-soothing
- Self-compassion practices
- Cultivating curiosity and gratitude

**Instructor:** Jamie Lynn Tatera, educator and certified Mindful Self-Compassion instructor

**Dates:** October 8 – November 12, 2020 from 7:30-8:15 CT

**Learn more or register:** <http://selfcompassion.web.unc.edu/class/parent-child-self-compassion/>

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*"I enjoyed every class. I enjoyed spending this time with my daughter."*

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**FRANK PORTER GRAHAM  
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