

Parent Talk

NOVEMBER 2023

Family Mindfulness

In the modern age, it can be easy to get wrapped up in all the technology that's available to us and forget to be present. Kids especially can rely too heavily on screentime and forget to check in with themselves. Mindfulness is a therapeutic practice used to help you remain in the moment and be aware of the things you're thinking and feeling. It's commonly used to help tackle things such as stress and anxiety. With the holidays coming up, it's a great time to start to implement some mindfulness practices to help reduce your family's stress!

Start Small

To begin, just focus on your breathing. Begin with a five second inhale, hold your breath for another five seconds, and then exhale for a final five seconds. Repeat this process multiple times until your breathing regulates. This is a great basic tactic to use when you or your child is feeling stressed or overwhelmed.



Get Outside

Mindfulness is usually most impactful in a calmer space where you can focus on multiple sensations such as touch, smell, and sound. Try taking a short walk outside. Even just going down your street can help, but if you want to go the extra mile, try finding a secluded trail for a family hike or visit your local park.



Be Present

As you go outside, take in everything around you. What can you see? What can you feel? What can you smell? Try to center yourself in that moment. Closely examine each sensation as you experience it. How do the birds chirping make you feel? What about the crunch of the leaves under your feet or the cold air blowing on your skin? Maybe you smell smoke from a cozy fire at your neighbor's house. What memories do these sensations bring up for you?



Use A Guided Video

There are many breathing and mindfulness walkthroughs you can use if you're unsure where to start. Try to find one that features a licensed therapist who can take you through more complex mindfulness exercises. As we head toward the end of the year, try to commit to tackling one new mindfulness practice with your family each week.



Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

MANVILLE SCHOOL →

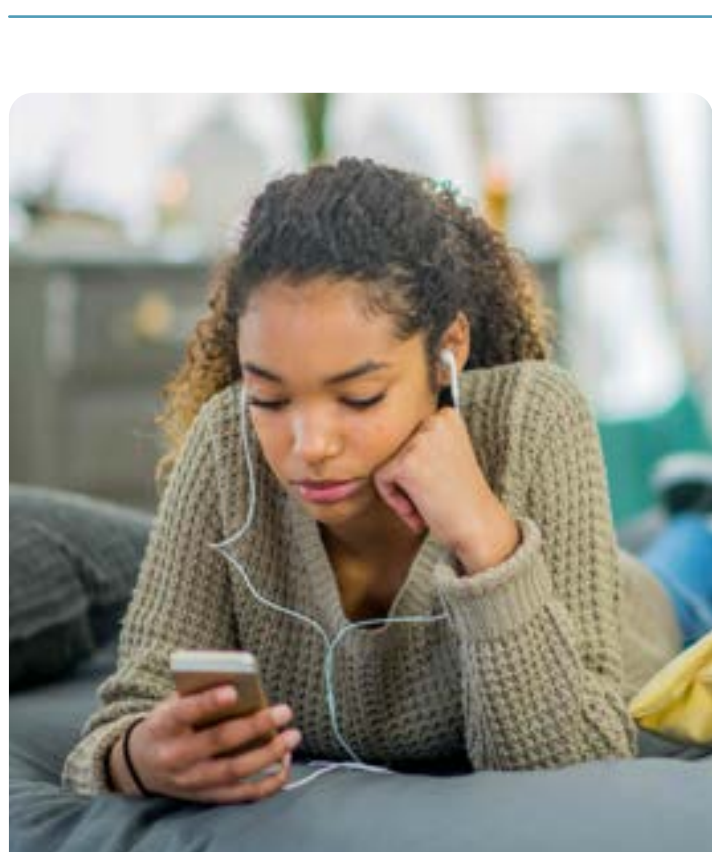
Therapeutic Summer Camp

CAMP BAKER →

College Preparation

NEXT STEP →

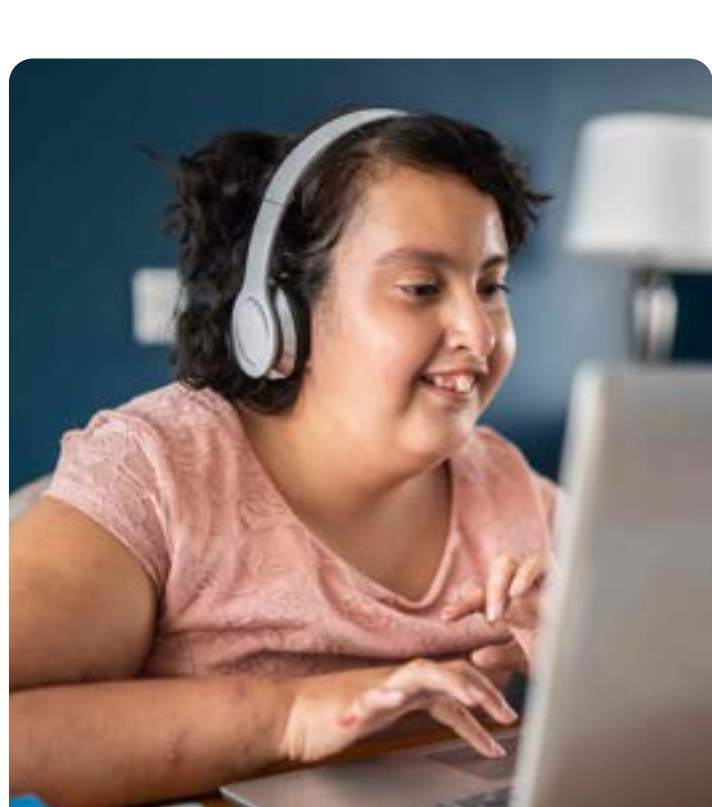
Featured Resources



The Impact and Management of Children and Teen's Screentime and Social Media Use in a Tech-Based World

In this seminar, we'll discuss how screentime and social media use for children and adolescents can provide benefits but can also present risks. We'll identify the impact of screens and social media in the present day on mental health and wellbeing and will present strategies for managing technology use to maximize the beneficial impact and mitigate potential harm to our youth.

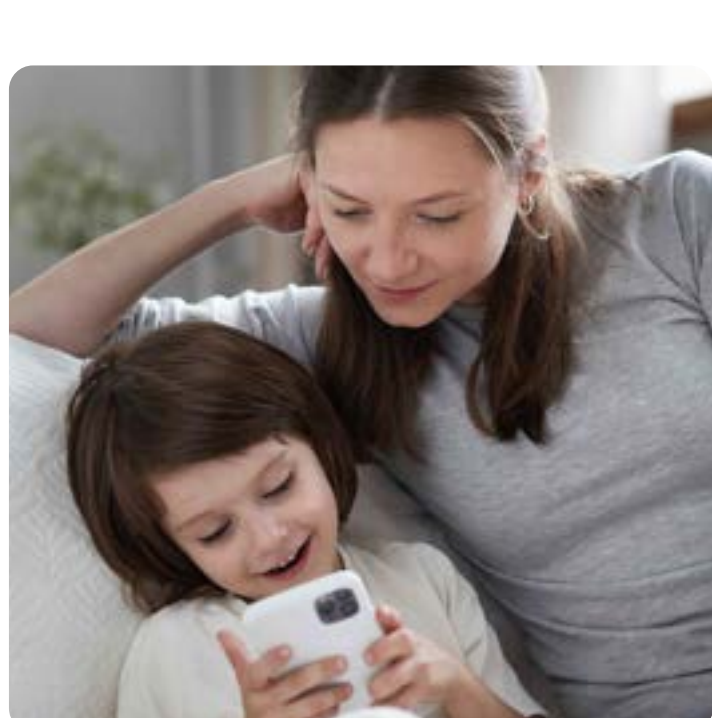
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A Tech-Based World: The Risks and Benefits of Social Media and Screentime

The impact of increased use of social media and screentime is a growing concern and we have seen a large increase in use since the COVID-19 pandemic. While the research on the connection between media, screentime, and mental health is not yet comprehensive, there are some things that we do know about the impacts of technology and social media, and some identified strategies that we can use to limit any potential harm.

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Parenting in the Age of Social Media and Screentime

We know that social media and screentime can make an impact on our children's mental health and safety, both positively and negatively. As caregivers looking out for the children and teens in our lives, it is important to identify ways to protect our children from the negative impacts of social media and screentime.

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