



# Mindful Parenting: A Guide for Mental Health Practitioners

*Susan Bögels, Kathleen Restifo*

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**Teaching parents how to remain calm in the face of child-rearing stress.**

Despite its inherent joys, parenting can be challenging and stressful. When a parent or child suffers from a mental health issue, these difficulties multiply.

In this pioneering synthesis of mindfulness practices and parenting skills, Bögels and Restifo lay out the clinically proven eight-week program they developed for parents of children and adolescents in outpatient mental health care. A practical manual grounded in scientifically rigorous research, the forms and exercises they developed are tailored to helping parents develop stronger bonds with their children and take better care of themselves and its invaluable handouts and assignments will help keep caregiving on track.

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