

Struggling to Mindfully Parent During the Pandemic?

Have you been struggling with feelings of hopelessness and feeling defeated as a parent during this time of sheltering in place? If so, please know you are not alone. It is even normal that we might be hard on ourselves, or simply become submissive to the chaos in our homes when we don't live up to our expectations as parents. However, below in the article "7 Mindful Parenting Lessons for the Pandemic" by Stephanie Goldstein invites us to investigate and offers us solutions to the powerful question of what is within our control at this time?

<https://www.mindful.org/7-mindful-parenting-lessons-for-the-pandemic/>

