

## Parents

Parents are highly encouraged to learn mindfulness meditation together with their young children or even teenagers. Greater harmony and improved family dynamics will result as each family member becomes calmer, happier, less frustrated and more responsive and less emotional. Children as young as preschoolers can learn to become mindful. It is simple and easy. Once the children have learned the techniques, it is a skill that will last a life time and can be practiced anytime, anywhere. Students of all ages nowadays are over-stimulated with school work, activities and social actions, leaving them with little quiet time to be in touch with themselves. The never-ending &ldquo;busy-ness&rdquo; makes it difficult for the students to focus on a single task or manage their stress. Parents can unknowingly create pressure out of concern or high expectations of their children. Sometimes, parents also bring home the frustrations from work without realizing the undesirable spillover impact on the family. Mindfulness meditation practice provides this quiet time everyday that is so important for everyone, especially the young minds, to calm, to rest, to develop higher awareness and to heal.