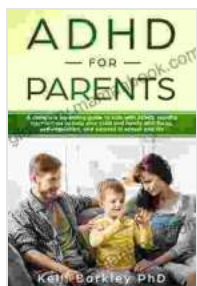


# Mindful Approaches to Help Your Child Tween and Teen Improve Focus and Self-Discipline



**ADHD for Parents: A Complete Parenting Guide to Address ADHD: Mindful Approaches to Help Your Child, Tween, and Teen Improve Focus, Self-Regulation, and Success in School and Life** by Nicole Curtis Ammerman

★★★★☆ 4 out of 5

Language : English  
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Screen Reader : Supported  
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In today's fast-paced world, it can be difficult for children and teens to stay focused and disciplined. They are constantly bombarded with distractions from social media, video games, and other electronic devices. This can make it difficult for them to concentrate on their schoolwork, extracurricular activities, and other important tasks.

Mindfulness can be a powerful tool for helping children and teens improve their focus, self-discipline, and overall well-being. Mindfulness is the practice of paying attention to the present moment without judgment. It can help children and teens learn to regulate their emotions, thoughts, and behaviors.

There are many different ways to practice mindfulness with children and teens. Some popular methods include:

- **Mindful breathing:** This involves paying attention to the breath as it enters and leaves the body. It can help children and teens calm down and focus.
- **Body scan meditation:** This involves paying attention to the sensations in the body, from the top of the head to the bottom of the feet. It can help children and teens become more aware of their bodies and emotions.
- **Mindful walking:** This involves paying attention to the sensations of walking, from the feet on the ground to the movement of the body. It can help children and teens become more aware of their surroundings and improve their balance.
- **Mindful eating:** This involves paying attention to the taste, smell, and texture of food as it is eaten. It can help children and teens develop healthy eating habits and improve their digestion.

Mindfulness can be practiced anywhere, anytime. It can be done for a few minutes or for as long as desired. Even a few minutes of mindfulness each day can make a big difference in a child's or teen's life.

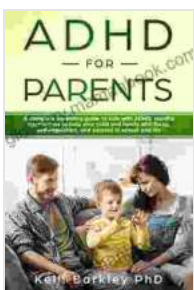
Here are some tips for parents and educators on how to use mindful approaches to help children and teens improve their focus and self-discipline:

- **Start small:** Don't try to do too much too soon. Start by practicing mindfulness for a few minutes each day. Gradually increase the

amount of time as children and teens become more comfortable with the practice.

- **Be patient:** It takes time to learn how to practice mindfulness. Be patient with children and teens as they learn and grow.
- **Make it fun:** Mindfulness doesn't have to be boring. Find ways to make it fun and engaging for children and teens. For example, you could play mindful games or listen to mindful music.
- **Be a role model:** Children and teens learn by watching the adults in their lives. If you want them to practice mindfulness, be a role model by practicing it yourself.

Mindfulness can be a powerful tool for helping children and teens improve their focus, self-discipline, and overall well-being. By practicing mindfulness, children and teens can learn to regulate their emotions, thoughts, and behaviors. This can lead to improved academic performance, better relationships, and a more fulfilling life.



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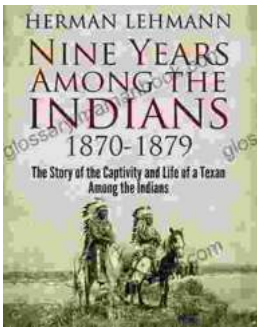
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