

SCHOOLS SUPPLEMENT EDITION 2025

Mindful Parenting

PARENTING WITH GRACE, PATIENCE AND FORGIVENESS



SCAN TO JOIN
OUR MAILING LIST



PARENTING CONCEPTS

EACH CONCEPT GIVES YOU A METHOD TO TRY WHY NOT GIVE THEM A GO AND LET US KNOW HOW THEY WORKED OUT FOR YOU!

COMMUNITY

JOIN THE CONVERSATION CONNECT WITH US ON SOCIAL MEDIA AND LET'S DISCUSS PARENTING STYLES, SCHOOLS AND FUN STUFF

ACTIVITIES

INSIDE ARE ACTIVITY SHEETS FOR THE WHOLE FAMILY METHODS, QUIZES, COLOURING AND MORE...

Mindful Parenting

TABLE OF CONTENTS

P1 WELCOME

P2-3 LEAD BY EXAMPLE & WEEKLY JOURNAL

P4-5 PRACTICING PATIENCE & BEAD BRACELET MAKING

P6-7 FORGIVENESS & FORGIVENESS IN ACTION GAME

P8-9 SERVICE & ACTS OF KINDNESS JOURNAL

P10 - 11 TRIVIA GAME & COLOURING-IN ACTIVITY SHEET

P12 SIX TIMES TABLE CHART

P13 SERVICES AND RESOURCES

P14 - 15 LOVE WITHOUT CONDITION & AFFIRMATIONS

P16 - 17 BUILDING TRUST & THE TRUST JAR

WELCOME TO MINDFUL PARENTING

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Welcome to Mindful Parenting, a resource created by parents, for parents — brought to you by the Black Caribbean Parents' Forum (BCPF). This special edition has been developed to support families and schools by offering thoughtful tools, activities, and encouragement to help build upon **your version** of mindful parenting.

At BCPF, we work closely with the Ealing Learning Partnership (ELP), helping to close the attainment gap for Black Caribbean children in the borough. As active members of the Ealing Race Equality Commission Parents' Representative Forum, we regularly raise issues that affect our families and have the opportunity to feed back any related concerns you may have directly to the local authority.

If you have an issue related to race equality within the educational system that you'd like to highlight, feel free to contact us at **bcparentsforum@gmail.com**.

This magazine includes:

- Articles focused on reflective and empowering parenting approaches
- Activities & Colouring-in pages to enjoy with your child
- Trivia & Quizzes for the whole family that support learning through play
- Information of services and resources and much more...

Our goal is to inspire you to lead with grace, patience, and forgiveness

We encourage you to get in touch, share what's working for you, and **contribute to building a village**.

BOOKS OUT NOW

JESSICA HUNTLEYS PAN-AFRICAN LIFE

BY CLAUDIA TOMLINSON

THE BOOK

AVAILABLE NOW



Mindful Parenting

LEAD BY EXAMPLE

Parenting with Grace, Patience, and Forgiveness

Leading by Example – "Walking the Talk"

Concept:

One of the most powerful ways to teach children is by setting an example. Children absorb behaviours, attitudes, and habits from what they observe in their parents.

LESSON:

Instead of focusing on correcting your child's behaviour verbally, think about how your own actions and responses serve as a model. If you wish for your child to be patient, kind, and respectful, it's important to demonstrate those qualities yourself—even in the toughest moments.

It is important that you identify your culture, in order for you to set an example for your child/children.

ACTIVITIES

Mindful Role Modeling Challenge:

- For one week, keep a parenting journal where you note specific moments when your behaviour (good or bad) influenced your child. Did your calmness lead to a peaceful resolution? Did frustration lead to a similar outburst from your child?
- Reflect each day: What did I model for my child today? How did my child react to it?

Reflection Question:

- How can you intentionally incorporate positive role modelling in moments of stress or conflict with your child?
-

WEEKLY PARENTING JOURNAL

WHAT DID I MODEL FOR MY CHILD TODAY?

	TIME	YOUR GOOD/BAD BEHAVIOUR	HOW DID YOUR CHILD REACT?	WAS THERE A PEACEFUL RESOLUTION?
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

REFLECTION: HOW CAN I INTENTIONALLY INCORPORATE POSITIVE ROLE MODELLING IN MOMENTS OF STRESS OR CONFLICT WITH MY CHILD?

Mindful Parenting

PRACTICING PATIENCE

Parenting with Grace, Patience, and Forgiveness

Practicing Patience – "The Power of the Pause"

Concept:

Patience is key to building trust. Welcome your child's interruptions and embrace their natural curiosity.

LESSON:

As parents, patience is a crucial part of nurturing your child's development. When children are exploring the world or testing boundaries, it can be challenging not to lose your temper. Learning to "pause" before reacting helps you respond thoughtfully rather than react emotionally.

ACTIVITIES

"Pause Before Reacting" Exercise:

- For the next week, whenever your child does something that triggers frustration (e.g. not listening, making a mess), practice a simple **three-second pause** before responding
- Use that moment to take a deep breath and remember that children are learning through trial and error. The pause gives you space to respond calmly and thoughtfully.

Reflection Question:

- How did pausing before responding change the way your child reacted to your guidance or correction?
-

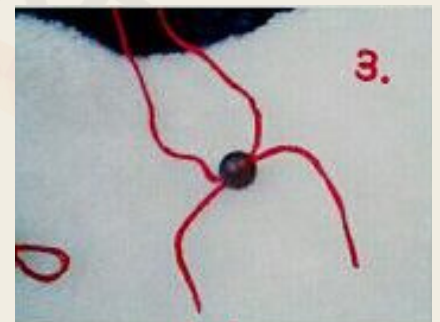
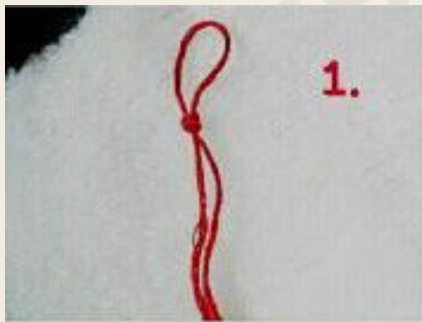
MAKE A BEAD BRACELET

MAKE A BEAD BRACELET WITH YOUR CHILD

THIS BEAD BRACELET WILL BE A VISUAL REMINDER TO PRACTICE PAUSING BEFORE RESPONDING
THE BEADS CAN BE USED AS COUNTERS

(1. BREATHE, 2 BREATHE, 3 BREATHE)

IT ALSO GIVES YOU THE OPPORTUNITY TO SPEND TIME CREATING WITH YOUR CHILD



THE HISTORY OF TRADITIONAL BEAD MAKING
GOES BACK GENERATIONS.



HOW DID PAUSING BEFORE RESPONDING CHANGE THE WAY YOUR CHILD REACTED TO YOUR GUIDANCE OR
CORRECTION?

Mindful Parenting

FORGIVENESS

Parenting with Grace, Patience, and Forgiveness

Forgiveness– "Letting Go of Mistakes"

Concept:

Forgiveness is key in maintaining relationships, especially with our children, who are bound to make mistakes.

LESSON:

Try to embrace forgiveness as part of your daily interactions with your children. Holding onto anger or frustration over a child's mistake can cause strain. When you forgive freely, you create a safe environment for children to learn from their mistakes without fear of condemnation.

ACTIVITIES

"Forgiveness in Action" Game:

- Teach your child about forgiveness by acknowledging mistakes without lingering on them. When your child makes a mistake, say, "I forgive you, let's try again."
- When you make a mistake (e.g., losing your temper), model forgiveness by saying "I'm sorry" and asking your child to forgive you.

Reflection Question:

- How did practicing forgiveness with your child change the atmosphere in your home?
-

FORGIVENESS IN ACTION GAME

COULD I HAVE EXPRESSED MYSELF DIFFERENTLY?

	TIME	WHAT CAUSED THE FRUSTRATION	DID YOU FORGIVE YOUR CHILD OR SAY SORRY?	1 POINT FOR FORGIVING OR SAYING SORRY
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

REFLECTION: HOW DID PRACTICING FORGIVENESS WITH YOUR CHILD CHANGE THE ATMOSPHERE IN YOUR HOME?

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Mindful Parenting

Service

"Serving Your Family with Love"

Service – "Servicing Your Family with Love"

Concept:

Parenting is an ongoing act of selflessness and service to our children.

LESSON:

True service in parenting is about meeting your child's needs without expecting anything in return. This includes everything from daily chores to offering emotional support. When children see parents serve willingly, they learn the value of service, compassion, and empathy.

ACTIVITIES

"Acts of Kindness" Service Week:

- Set aside one week for "acts of service" within your family. Each day, make it a goal to perform one intentional act of kindness for your child or another adult in your household (without expecting anything in return). Encourage your child to participate by doing something for a sibling or parent.
- At the end of the week, sit down and discuss how those acts made each family member feel.

Reflection Question:

- How can you make service to others an ongoing, joyful part of your family's routine?
-

ACTS OF KINDNESS JOURNAL

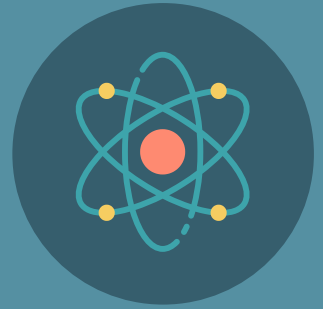
WHAT ACT OF KINDNESS CAN I DO FOR MY CHILD?

	ACT OF KINDNESS	FOR WHICH CHILD/ADULT	HOW DID THE CHILD/ADULT RESPOND?	WILL I DO IT AGAIN?
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

- **REFLECTION:** HOW CAN YOU MAKE SERVICE TO OTHERS AN ONGOING, JOYFUL PART OF YOUR FAMILY'S ROUTINE?

MINDFUL PARENTING

TRIVIA GAME



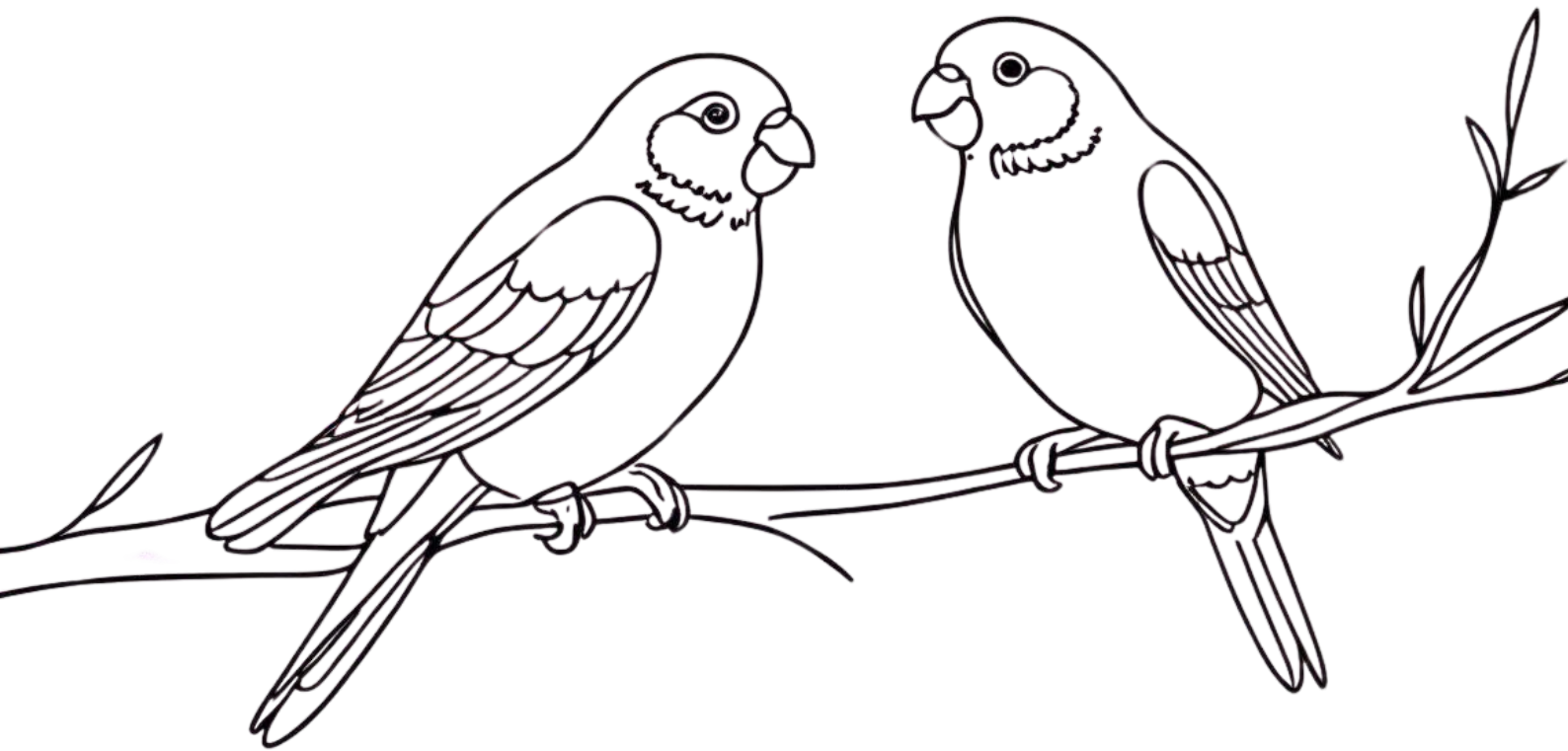
SCAN THE QR CODE AND ANSWER
THE TRIVIA QUESTIONS



HOW TO PLAY

- 1 OPEN THE QUIZ WITH QR CODE
- 2 READ THE QUESTIONS
- 3 TRY TO ENTER THE CORRECT ANSWERS!

COLOUR ME IN



Solve the following multiplication problems:

$6 \times 1 = \underline{\hspace{2cm}}$

$6 \times 7 = \underline{\hspace{2cm}}$

$6 \times 2 = \underline{\hspace{2cm}}$

$6 \times 8 = \underline{\hspace{2cm}}$

$6 \times 3 = \underline{\hspace{2cm}}$

$6 \times 9 = \underline{\hspace{2cm}}$

$6 \times 4 = \underline{\hspace{2cm}}$

$6 \times 10 = \underline{\hspace{2cm}}$

$6 \times 5 = \underline{\hspace{2cm}}$

$6 \times 11 = \underline{\hspace{2cm}}$

$6 \times 6 = \underline{\hspace{2cm}}$

$6 \times 12 = \underline{\hspace{2cm}}$

SIX TIMES TABLE

Each issue you'll have a new timestable to learn

$$6 \times 1 = 6$$

$$6 \times 2 = 12$$

$$6 \times 3 = 18$$

$$6 \times 4 = 24$$

$$6 \times 5 = 30$$

$$6 \times 6 = 36$$

$$6 \times 7 = 42$$

$$6 \times 8 = 48$$

$$6 \times 9 = 54$$

$$6 \times 10 = 60$$

$$6 \times 11 = 66$$

$$6 \times 12 = 72$$

EXERCISE - REPEAT THESE EVERYDAY UNTIL YOU HAVE THEM MEMORISED

SERVICES & RESOURCES

FAMILY INFORMATION SERVICE FOR PARENTS AND CARERS



ACCESS FAMILY SUPPORT SERVICES

The Family Information Service can advise you about the services available to you that best support your needs. Call them on 020 8825 5588, (Mon-Fri, 9am to 1pm) or email [**children@ealing.gov.uk**](mailto:children@ealing.gov.uk)

For families with children under the age of five there is a service called Early Start Ealing (learn more from the link on the right). Early Start Workers are based within children's centres, but do outreach work going into the local community as well as arranging home visits to support and engage with families.

EARLY START WORKERS CAN HELP FAMILIES TO:

- MANAGE CHILD BEHAVIOUR THROUGH PARENTING ADVICE AND SUPPORT
- APPLY FOR TWO-YEAR-OLD FREE CHILDCARE AND NURSERY FOR THREE AND FOUR-YEAR-OLDS
- ACCESS HEALTH SERVICES SUCH AS SPEECH AND LANGUAGE THERAPY
- ACCESS SPECIALIST SERVICES SUCH AS CHILDREN IN NEED
- ACCESS HELP AND SUPPORT WITH ISSUES SUCH AS DOMESTIC ABUSE OR DEBT
- UNDERSTAND AND COMPLETE APPLICATION FORMS.

For families with children and young people of all ages who need help and support with a number of issues and concerns, a good way to express them and ask for help is to have an Early Help Assessment and Plan (EHAP) carried out for you.

An EHAP gathers professionals from a number of services who can meet with you and your child to discuss what your needs are and how they are affecting your child's life and development. The meeting is called a Team Around the Family (TAF) meeting.

Using the EHAP process means you only need to go through one assessment of need and that you are fully involved in deciding what help and support you will receive. You will also be given a contact person to keep in touch with and a plan of what help will be given to you, who will give it and when.

The EHAP is a completely voluntary process that you can opt out of at any time.

To find out more about EHAP ask a professional you are comfortable with such as a teacher at your child's school or your health visitor. The Family Information Service or an Early Start Worker can also start an EHAP for you so please get in touch.

Alternatively you can send an email to [**EHAP@ealing.gov.uk**](mailto:EHAP@ealing.gov.uk) for more information.

It is important to do something about a concern or problem as soon as it comes up so that help can be given early to ensure the best possible results for you and your child.

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Mindful Parenting

Love Without Condition

Parenting with Grace, Patience, and Forgiveness

Love Without Condition – "The Lavish Child"

Concept:

Have prepared a place that your child can come home to.

LESSON:

Children will make mistakes, and sometimes they will push your boundaries. Responding with unconditional love doesn't mean excusing wrong behaviour, but it does mean always being there to welcome your child back, no matter what.

ACTIVITIES

"Unconditional Love Affirmations:

- Each day, find one way to affirm your love for your child, regardless of their behaviour. This could be through words, physical affection, or acts of kindness. The goal is to show that love is not based on conditions or actions.

Reflection Question:

- How did focusing on unconditional love shift the way your child responded to discipline or challenges?
-

EXAMPLE AFFIRMATIONS

MON

"THERE IS NOTHING YOU CAN DO TO LOSE MY LOVE—IT IS YOURS, ALWAYS."

TUE

"EVEN WHEN WE DISAGREE, MY HEART IS STILL YOUR HOME."

WED

"YOU DON'T HAVE TO BE PERFECT TO BE DEEPLY LOVED."

THU

"YOU ARE ALLOWED TO MAKE MISTAKES. I STILL SEE THE GOODNESS IN YOU."

FRI

"THERE IS NO VERSION OF YOU THAT COULD MAKE ME STOP LOVING YOU."

SAT

"YOU ARE ENOUGH EXACTLY AS YOU ARE, AND I AM PROUD TO BE YOUR PARENT."

SUN

"COME HOME TO ME—NO MATTER WHAT, THIS LOVE WILL ALWAYS HAVE ROOM FOR YOU."

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Mindful Parenting

Building Trust

Parenting with Grace, Patience, and Forgiveness

Building Trust – "The Foundation of Connection"

Concept:

Trust is the cornerstone of strong family relationships. Parents can focus on cultivating trust between themselves and their children.

LESSON:

Children need to trust that their parents will listen, protect, and guide them. This trust is built through consistent actions, honesty, and open communication.

ACTIVITIES

Trust Jar:

- Each family member writes down moments when they felt trusted or when they trusted someone else. At the end of the week, read them together and reflect on how trust is growing in your household.

Reflection Question:

- Since learning when your child felt trusted and when you felt trusted by your child, how has trust grown in your household?
-

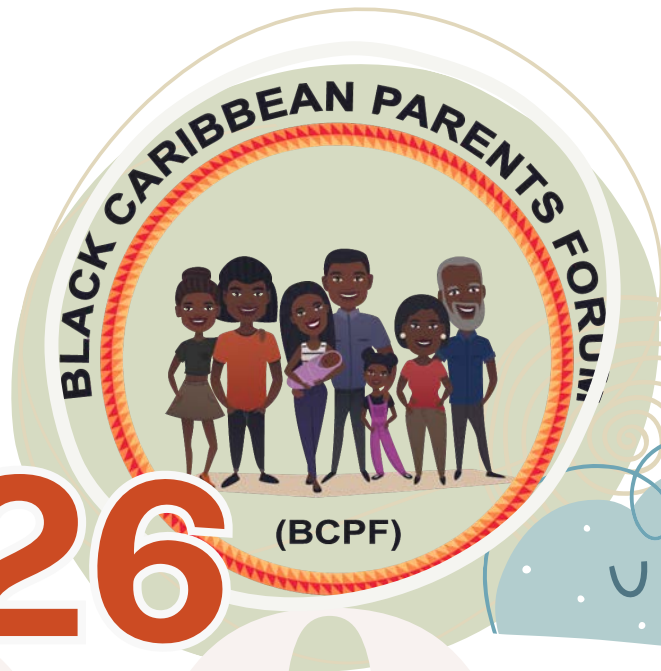
TRUST JAR

Write down a time when you felt trusted or when you trusted someone else

	I FELT TRUSTED WHEN	WHEN I TRUSTED
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

- **REFLECTION:** READ THESE TOGETHER AND REFLECT ON HOW TRUST IS GROWING IN YOUR HOUSEHOLD.

2026



JAN

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUN

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27	28	29	30			

JUL

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19	20	21	22	23	24	25
26	27	28	29	30	31	

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEP

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCT

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOV

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DEC

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		