

“Mindful Awareness Parenting™ is about caring with strength, kindness, wisdom and delight.” -Coleman, 2008.



“Each of us has a mindful brain with vast potential. No matter what has happened in the past, it is never too late to repair the relationship with yourself and your children in the present moment.” Coleman, 2008.



Brief History of MAP™

In 2004 Dr Coleman coordinated, developed and trained professionals in an award-winning project aimed to increase the understanding of infant mental health within the community. She used her specialist clinical knowledge and expertise to create the MAP Workshop series for parents in 2008. The first fully accredited MAP™ Instructors were trained in March 2009.

CONTACT YOUR LOCAL MAP INSTRUCTOR TODAY...

for an opportunity to participate in an innovative 5 week workshop series for parents and caregivers of children aged from birth to 5 years.

See website to locate an Accredited MAP Instructor:

www.maplinc.com.au

MAP INSTRUCTOR NAME & DETAILS:

COSTS: *Contact individual Instructors for MAP Parent Workshop Fees.*

If you are an early childhood professional interested in the Instructor Training please see the above website for course information and application forms.

Mindful Awareness Parenting
...promotes the emotional connection between parents and young children (birth—5 years)



The MAP™ workshop series is a journey into the heart of parenting young children.

Words Used by Parents to describe MAP™
“Refreshing...Reassuring...Helpful... Interesting...Motivating...New...Logical... Practical...Easy...Relevant...Enlightening”



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If you answer 'yes' to one of the following questions - keep reading!

Feeling stressed? Feeling defeated? Want to know what to do when you feel pushed to your limits? Do you have excessive guilt? Do you want to bring out the best in your kids? Do you want to learn about your child's brain development? Do you want to know how to discipline your child without humiliating them?

What do MAP™ workshops offer?

The content used in the MAP™ workshop series is evidence-based and cutting edge.

In the MAP™ workshops you will learn;

- To notice what your child needs
- To repair your relationships when things don't go as smoothly as you would like
- Ways to help you stay calm with your kids
- To enjoy being a "Good Enough" Parent
- Ways to look after yourself even when you are busy looking after your family
- To have fun and enjoy being a parent
- Lifelong relationship skills

You will also get handouts and a CD to help you practice at home in between each of the 5 workshops. Each workshop runs for two and a half hours with a break and snacks.



The workshops are specifically designed to be nurturing, respectful, fun and supportive !

MAP™ is about learning skills. It is not a therapy group or a test. You don't have to talk about personal things. Just enjoy the workshops and the benefits!

Good for Parents:

- **More happy times with your children**
- Feel good about your parenting
- **More kindness towards yourself when things go wrong**
- Feel less emotional stress
- **Fix the relationship when it 'breaks' down**
- Show your children how much you love them

Good for Children:

- More happy times with parents
- **Be confident learners**
- Trust their parents in tough times
- **Feel good about themselves and others**
- Get help from people when they need it
- **Be kind to themselves and others**



Frequently Asked Questions

1. What is Mindful Awareness ?

Mindful awareness is about paying attention to what is going on in the present moment. Learning and using mindful awareness helps us to focus on ourselves and others with kindness and acceptance.

University research has also shown that mindfulness practice helps with chronic pain, stress, depression, anxiety, and improves immune system function and increases general well-being.

2. Why does MAP™ use applied 'attachment' theory and mindful awareness skills ?

Attachment based parenting (attachment theory) has been researched for over 50 years. Current experts in the field agree that a secure attachment with parents in early childhood has far-reaching benefits across the lifespan.

Current research reveals that mindful awareness training enhances parent satisfaction and improves relationships.

An awareness of the 'present moment' guides your behavior and decisions as a parent while keeping your child's emotional well-being in mind.

3. Is MAP™ a religious parenting program?

No, MAP™ was primarily founded on university research and scientifically validated mindfulness practices. Mindfulness practice is used in many different religions. MAP has a scientific basis but is considered interfaith and suitable for *all* parents—religious and non-religious. However, the mindfulness based practice adapted and researched originated with the Theravada Buddhist Tradition of South East Asia.