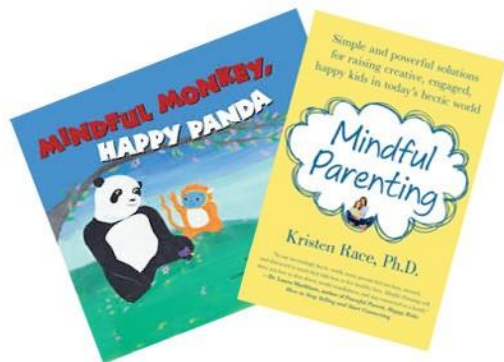


Research has shown that teaching social and emotional skills as well as mindfulness can help children:

- Manage stress and worries
- Regulate their emotions & behaviour
- Focus on tasks
- Increase feelings of optimism
- Increase empathy and compassion

M3 will also uniquely help parents:

- Understand the brain and how it is related to emotions and behaviours
- Learn strategies to calm yourself when upset
- Be more aware of how to respond to Children's big emotions
- Learn ways to help children self-regulate
- Appreciate happy parent-child experiences
- Express gratitude and kindness within the family



Findings from the Making Mindfulness Matter© 5-Year Study

5
Years

13 Groups

97 Families
Participated

Ages 4-10

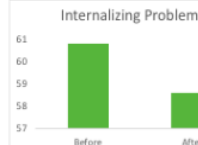
Study Design:



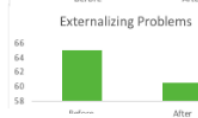
AFTER THE PROGRAM, PARENTS REPORTED SIGNIFICANT IMPROVEMENT IN THEIR CHILD'S:



EXECUTIVE FUNCTIONING: Helps us to plan, focus attention, remember instructions, and self-regulate successfully. Just like an air traffic control system at an airport.



INTERNALIZING PROBLEMS: Problems that are harder to see because they tend to be more internal to the child such as frequently worrying, feeling sad, getting a lot of aches and pains.



EXTERNALIZING PROBLEMS: Problems are behaviours that you can see a child engaging in such as frequently hitting others, lying, breaking rules, disobeying.

"I used breathing at recess because I was frustrated then I calmed down"

"Me and my grandma use the child, it helps us calm down"

"I know now how to calm myself first so I can help my upset child"



M3 Making Mindfulness Matter©

Creating a Culture of Resiliency in the Family

Karen Bax, Ph.D., C.Psych & Sarah Wells, BA, Research Coordinator





Children making their 'gratitude tree' during group.

What is M3?

M3 is a concurrent parent and child program that supports parents by offering a new approach to parenting in stressful situations and helps children build skills to manage their big emotions and behaviours and build caring relationships with those around them.

Through exploring how our brains work under stress, M3 teaches how we can pay better attention to our feelings, thoughts and behaviours through mindful awareness which helps us make better decisions about how we respond. M3 also teaches positive ways to respond, like perspective taking, using thankfulness, kindness and positive thinking.

Components of the M3



Through M3, parents and children learn about:

- How the brain works under stress
- Mindful breathing
- Mindful awareness
- Mindful sensing and movement
- Perspective taking
- Learning optimism showing gratitude



The chime is a staple of the M3 program used to practice mindfulness at the beginning and end of each session.



Examples of resources given to parents to help learn and practice the M3 skills



8 weeks long

90 mins/week

Concurrent parent & child sessions

Support use of skills at home

M3 Program Details:

- Can be offered in-person or live on-line
- Parents attend the parent group and children attend the child group
- Parents join their children for the last 10 minutes of the group
- Families will receive a swag bag with items and books to help support the at-home use of skills they learn in group
- Child age groups: 3-6; 7-11; 12-17

Why M3?

Children and youth today are reporting higher levels of stress and anxiety than previous generations. M3 was created to teach resiliency and provide children with the skills to bounce back from difficulties more easily. By learning similar skills in relation to parenting, parents will learn how to respond in a way that supports their child's social-emotional growth. Thus, leading to a better functioning and more resilient family.