

WEEK-1 DAY-4 IN  
MINDFUL PARENTING SERIES

**FOR THE SAKE OF FITTING IN...**

Write down all the areas in which we may be sending mixed messages to our children to blindly conform; thus, subtly devaluing our religious and cultural heritage through neglect or ignorance. Remember that passive acceptance is also a form of approval and encouragement.

*mindful parenting*



*holding hands with  
heart and mind*

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