

WEEK-2 DAY-2 IN MINDFUL PARENTING SERIES

# LEARNING THE ART OF PATIENCE



1

IDENTIFY SITUATIONS IN WHICH YOU LOST PATIENCE WHILE TEACHING YOUR CHILD, AND DISCUSS / VISUALIZE A BETTER APPROACH THAT YOU MIGHT HAVE TAKEN IN EACH INSTANCE

2

WHAT APPROACH WORKS BEST IN TEACHING YOUR CHILD - IS HE/SHE A VISUAL OR AN AUDITORY LEARNER, OR DOES HE/SHE LEARN BEST BY PRACTICAL APPLICATION?

3

DISCUSS WAYS IN WHICH YOU MIGHT CUSTOMIZE YOUR CHILD'S LEARNING EXPERIENCE TO HIS/HER NATURAL INCLINATIONS.