



Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family

Carla Naumburg

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How can you prepare for and prevent your kids' inevitable meltdowns? *Ready, Set, Breathe* will show you *and* your child how to focus, calm down, and live in the present moment.

Being a parent is stressful, and when your child has a meltdown, it can be difficult to keep cool—let alone help your child to calm down. *Ready, Set, Breathe* offers real solutions to help you both deal with stress using everyday mindfulness games, activities, rituals, and habits. Designed for children ages 2-10 years old, this book is fun, engaging, and effective.

As any parent knows, children aren't always receptive to what you say. Parental advice is often ignored or perceived as intrusive; and trying to get your kid to calm down and breathe can turn into an unpleasant power struggle in which you feel powerless and frustrated; and your child can feel nagged or bullied. The good news is that it doesn't have to be this way. In this book, you'll learn to teach mindfulness to your child in the most enjoyable and realistic way possible. You'll also learn skills to help *yourself* stay calm when your child does act up—especially in public.

This is a must-read for all parents!

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