

# Raising a Child in the Age of OVERWHELM

Parents Can Join Us For

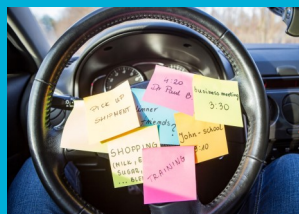
# Mindfulness for the Over-Scheduled Family

Mindful parenting is about tuning in to how we feel so we can make a thoughtful choice about how to respond to our children, rather than mindlessly reacting to them.

Slowing down and paying attention is not an easy thing to do in an age of multi-tasking and smartphones, chronic sleep deprivation and over-scheduled families. The good news is that there are concrete steps we can take to become more present and empathetic in all aspects of our lives, including our interactions with our children.

Basically, "mindfulness" is about paying attention to what's going on in any given situation, including how you're thinking and reacting. When we're mindful, we can assess situations and thoughts from a more objective standpoint. Then we can make more rational decisions. It takes practice to get used to paying attention, but the more you do it, the more you'll be able to glean these five amazing payoffs:

1. Stronger Relationships
2. Better Connection to Self
3. A More Positive Perspective
4. Decreased Stress
5. Increase Productivity



**Gain insight to the research and theory making Mindfulness a must have skill that you will practice with our guest presenter.**



Deborah Cyb, MA brings her many years of training and classroom experience to share with parents and professionals. Ms. Cyb has a Bachelor's degree in Elementary Education and a Master's degree in Curriculum and Instruction. Deborah Cyb was a classroom teacher for many years. She started practicing mindfulness in 2005 and was inspired by how it can be used to develop a toolbox of coping strategies to reduce stress and increase mental wellbeing. Deborah has completed several Mindfulness-Based Stress Reduction (MBSR) Programs from the Mindfulness Institute of Jefferson-Myrna Brind Center of Integrative Medicine at Jefferson Hospital in Philadelphia. Ms. Cyb is affiliated with [MindingYourMind.Org](http://MindingYourMind.Org).

**Thursday, March 15, 2018 6:30pm Franklin Middle School Auditorium**

**Sponsored by the Franklin Township Public Schools Student Assistance Program, the PBIS Program  
and the Franklin Township Municipal Alliance for the Prevention of Substance Abuse**

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