

Parental and Child Emotional Well-being



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Taking Care of Your Own Emotions First

Every parent hopes their child can remain emotionally stable, stay calm, be optimistic, and effectively handle stress. However, when children experience emotional outbursts, parents often rush to calm them down while neglecting their own emotional state. In reality, children's emotional development is heavily influenced by their parents.

Research shows that children learn emotional regulation primarily through social learning—observing how people around them manage stress, frustration, and setbacks. If parents are frequently anxious, emotionally volatile, or communicate with their children in a negative tone, children are likely to adopt similar emotional responses. Additionally, a tense family atmosphere over time can affect a child's emotional stability.

Mindfulness – A Scientific-Proven Solution for Emotional Well-being

Mindfulness practice is an effective way for parents to first regulate their own emotions, which in turn improves the parent-child relationship. When parents practice mindfulness and learn to relax, acknowledge their emotions, and avoid suppressing or venting them impulsively, children naturally pick up on these emotional stability patterns through daily interactions.

Many clinical cases have shown that when parents consistently engage in mindfulness practices, their children's emotions become more stable, and parent-child conflicts decrease. Parents also experience reduced parenting stress and improved relationships with their children. This is because when parents manage their emotions better, their interactions with children change—there is more patience in listening, fewer emotionally charged criticisms, and children respond more positively to these changes.



Mindfulness Starts in Everyday Life

Mindfulness does not require long practice sessions. Parents can start by incorporating small moments of mindfulness into their daily routine. For example, taking a few minutes each day to notice their own emotional changes, or setting aside time to enjoy a warm cup of tea, focusing on its temperature and aroma as a way to pause in a busy day. During interactions with children, parents can also practice being present, avoiding excessive criticism or worry. These small shifts can lead to long-term positive changes within the family.

Accept Yourself, Appreciate Yourself, Acknowledge Yourself

Parenting comes with endless challenges—managing your child’s growth, education, family, and work responsibilities can be overwhelming. It’s natural to feel pressured, exhausted, or even question whether you’re doing enough. But remember, your efforts and dedication are deeply felt by your child, and you deserve to have a better emotional state as well. Mindfulness is not just for helping your child but also a way to give yourself space to breathe, find calmness, and regain strength amidst a busy life. When you show more kindness to yourself, you will notice a more harmonious family atmosphere, and your child will grow to be happier and more emotionally stable.