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MINDFUL CAREGIVERS' EXPERIENCES OF PARENTING YOUNG CHILDREN
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The purpose of this study was to explore how mindful caregivers experienced parenting young children. This was of interest because persons who practice mindfulness are thought to have an increased capacity to react more positively to stress, have more emotional awareness, and have the ability to mindfully attenuate themselves in relationships. This study documented the lived experiences of mindful parents and considered how these parents nurtured their attachment with their child or children.

The study used qualitative interviewing to examine the lived experiences of mindful parents with young children. The research questions of the study were: (a) What are the lived experiences of parents with young children, who practice being mindful in their daily lives, and (b) What are mindful parents' perceptions of their attachments with their young children? The sample included three males and five females, all of whom identified as Caucasian and were married. Participants' ages ranged from 32 to 60. Participants reported having at least one child at the time of the study aged between three months and six years.

The phenomenological analysis of the data resulted in six emergent themes: (a) mindful values in parenting, (b) mindful skills in parenting, (c) relationship with child, (d) awareness of the internal mindset, (e) a safe haven for the family, and (f) obstacles to

mindful parenting. Parents described infusing mindfulness values and skills into their everyday experiences with their children as a rewarding and fruitful task that helped them maximize parenting satisfaction and foster healthy relationships with their children.