

# MINDFULNESS FOR AGE 3-6

## **MINDFUL COMPANY** MINDFULNESS FOR CHILDREN

### **BRIEF INTRODUCTION**

Even at this early developmental stage of 3 - 6 year olds mindfulness has been proven as a tool for decreasing stress and promoting happiness in children. Very young children get hungry and tired and they have to grapple with language and self-control. What is quite wonderful is that young children are already uniquely suited to benefit from mindfulness practice. Habits formed early in life will inform behaviours in adulthood.

### **BENEFITS**

Part of the reason why mindfulness is so effective for young children can be explained by the way the early brain develops. This programme provides opportunity to give children the habit of mindfulness, with life-changing habits like better self-control and improved focus. Fundamental principles of neuroscience suggest that meditation can have its greatest impact on cognition when the brain is in its earliest stages of development. Mindfulness can help young children develop crucial life skills to benefit their learning and development.

### **NEXT STEPS**

If you think your child could benefit from some mindfulness training then please contact me, Susan Collini, for a no obligation chat. You can phone me on 07799 892900 or email me at [susan@mindfulcompany.co.uk](mailto:susan@mindfulcompany.co.uk).