Open Awards Qualification Unit

This unit forms part of a regulated qualification. Click here to view qualifications.

1 Unit Details

Unit Title:	Mindful Parenting
Unit Reference Number:	H/618/4684
Level:	3
Credit Value:	2
Minimum GLH:	15

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understanding what is meant by mindfulness	1.1 Explain what is meant by mindfulness
	1.2 Describe two mindfulness techniques and the benefits they could provide
2. Understanding how mindfulness could be applied to parenting	2.1 Identify mindful techniques that can be applied to parenting
	2.2 Describe how mindfulness can be applied to a variety of parenting practices
	2.3 Reflect on the benefits of mindfulness for self, parents, children and wider family group
	2.4 Describe the process for sign-posting and referral

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