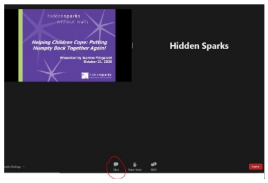
Welcome to Hidden Sparks Without Walls. We will be starting at 8:30pm.

To alleviate background noise and ensure a quiet session, your audio connection has been muted.



Chat: Asking Questions & Sharing Thoughts
You are encouraged to ask questions and share your thoughts on the chat.
Please activate the chat feature on the bottom of the screen. You may choose to chat to panelists and all attendees or just panelists.

Audio:
If you would like to call in via phone for audio, please look up the call in number, webinar id, and passcode information on your webinar invite.

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About Hidden Sparks

Hidden Sparks helps educators and Jewish day schools nurture the Hidden Spark within each student, facilitating professional development to increase understanding and support for the broad range of learners in the classroom.

Offerings include:

- award-winning **Learning Lenses** course on understanding learning and behavior
- 1:1 **coaching** for teachers
- **Internal** and **Peer Coach mentoring** within schools
- workshop on **Differentiating Instruction**
- **Hidden Sparks Without Walls** webinar series
- **Parent Learning Center** (PLC)

Please be in touch to find out how to bring Hidden Sparks programs to your school!

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Mindful Parenting:
Cultivating Connection and Calm

Presented by Nancy Siegel
June 9, 2026

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helping children reach their potential™

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Our Guest: Nancy Siegel



Nancy Siegel is an Educational Consultant with over 20 years of experience. She is a nationally recognized presenter, educator, teacher trainer, and author of *Breath by Breath: Bringing Yoga and Mindfulness into the Lives of Children*, a guide for educators and parents. She has developed impactful programs for school leaders, educators, parents, and children. Nancy holds a Master's in Educational Leadership, studied Moral Education at Harvard Graduate School of Education, completed MBSR training, and holds multiple Yoga Alliance accreditations.

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Overview of the Session

Why is mindfulness important?

- Current neuroscience studies show that those that practice mindfulness can change their brains and the way they react.
- Mindfulness allows us to be more calm, centered, self-aware, self-regulated and as a result more emotionally resilient.
- Mindfulness helps us make good decisions, stay focused and respond better to emotional triggers.

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Session Goals

This interactive and reflective workshop is designed to help parents navigate everyday challenges with greater calm, connection, and confidence.

Together, we will explore:

- practical mindfulness tools that can help reduce stress in real time, strengthen parent-child relationships, and create more cooperation and less conflict at home.
- how to respond thoughtfully rather than react impulsively to challenging behavior, while fostering emotional resilience through co-regulation and connection with their children.

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What is Mindful Parenting?

→ **Full Presence**

Being truly there with your child — mind, body, and heart — without distraction or judgment.

→ **Thoughtful Response**

Choosing to respond with intention rather than reacting impulsively to difficult moments.

→ **Shared Awareness**

Cultivating emotional regulation and self-awareness — for both parent and child.

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Pillars of Mindful Parenting

Presence Giving your child your undivided attention-putting away distractions and truly showing up.	**Acceptance** Embracing your child-and yourself-with all your imperfections and humanity.
Compassion Extending genuine kindness and understanding to both your child and to yourself.	**Non-Judgment** Observing thoughts and feelings without labeling them as good or bad-just noticing

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Everyday Mindful Parenting Practices

Mindful Listening

Truly hear your child without interrupting or mentally drafting your response

Breathing Breaks

Pause and breathe before responding to challenging behavior-just a few seconds can shift everything

Gratitude Practice

Regularly acknowledge the small wins and beautiful moments in your parenting journey

Self-Care

Prioritizing your own well-being isn't selfish-it's what makes sustained presence possible.

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Thought Experiment

Think about one thing that you are proud of in your parenting.

Notice where you feel that in your body.

Now think about one parenting challenge you have.

Notice where you feel that in your body.

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Overcoming Common Challenges

"I don't have time!"	"I'm not good at this."	"My child won't cooperate."
Even **5 minutes** of mindful breathing or intentional connection can shift the entire tone of your day.	Mindful parenting is a **practice, not a performance**. Every imperfect moment is still a step forward.	Focus on **your own response**. Children are remarkably attuned — they often mirror the calm we model.

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REMEMBER: IT'S A PRACTICE

Commit to one small practice today	**Be patient and compassionate with yourself**
A single mindful breath before responding is a meaningful beginning.	You cannot pour from an empty cup — your self-kindness matters as much as your child's.
Celebrate the small victories	**Trust the journey**
Every moment of calm, every repair after rupture, is worth acknowledging.	You are building a stronger, more connected family — **one mindful moment at a time.**

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Contacting Nancy Siegel

Contact Presenter:

Nancy Siegel

nancysiegelconsulting@gmail.com

https://calmintheclassroom.com/

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Upcoming Hidden Sparks Without Walls Sessions

	Please check out the Hidden Sparks HSWOW Archive for past parent webinars at *https://www.hiddensparks.org/webinar-archive/?track=Parent*

If you are interested in bringing Hidden Sparks to your school or city, please contact us:

212-767-7707 or rabbihus@hiddensparks.org

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Contacting Hidden Sparks

Contact Hidden Sparks:

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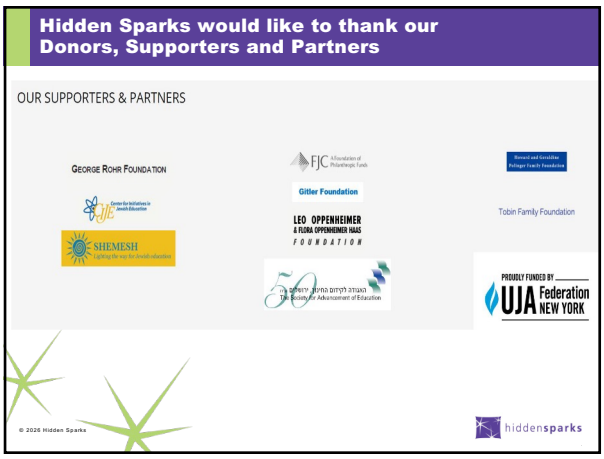
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