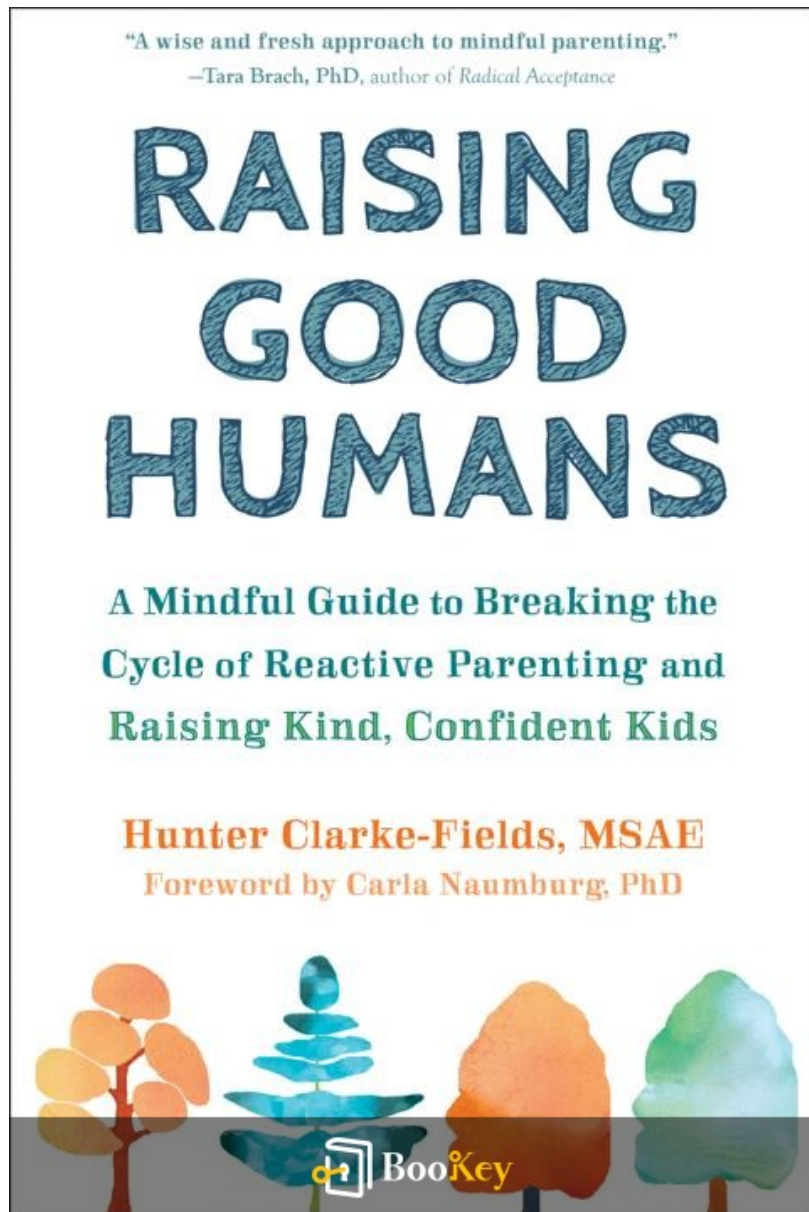


Raising Good Humans

Hunter Clarke-Fields



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Raising Good Humans Summary

Mindful Parenting for Compassionate and Resilient Children

Written by Bookey

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How to Win Friends and Influence People

A classic work hailed as the bible of social skills
Dale Carnegie

🕒 21min 🔑 5 key insights

Description

Have you ever made an effort to change yourself in order to become a better partner, employee, or child? Think about it: did you eventually receive the approval you wanted? The author, Dr. Robin Stern, has attempt...more

Before and After You Dive in



Mind Map >



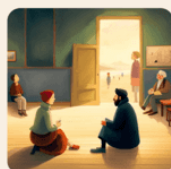
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Avoid Criticism in Interpersonal Relationships

Criticizing others only provokes resistance and hurts their self-esteem, arousing resentment instead of solving problems. Remember that any fool can criticize, but it takes character and self-control to be understanding and forgiving.

Example ▶



How to Win Friends and Influence People >

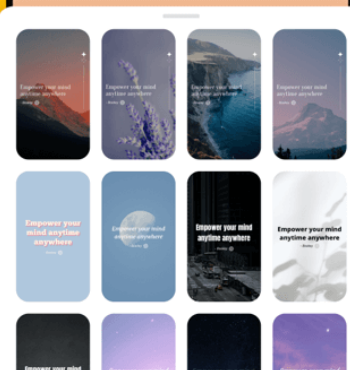


Quotes

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You must use your mind to get things off your mind.

- Getting Things Done



About the book

Embark on a transformative journey with Hunter Clarke-Fields' **Raising Good Humans**, a groundbreaking guide that merges mindfulness and positive parenting to help you cultivate compassion, self-awareness, and emotional resilience in both yourself and your children. In an age where chaotic schedules and digital distractions dominate, this book offers a refreshing path towards intentional and conscious parenting. Clarke-Fields, a seasoned mindfulness coach, provides practical strategies and relatable anecdotes that empower you to break the cycle of reactive parenting, fostering a nurturing environment where children can truly thrive. Embrace the chance to not only raise considerate, well-rounded youngsters but also to evolve into a calmer, more mindful individual yourself. Dive in and discover the art of parenting with presence and purpose.

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About the author

Hunter Clarke-Fields, MSAE, RYT, is a renowned mindfulness mentor, creator of the Mindful Parenting course, and host of the Mindful Mama podcast. With over two decades of experience in mindfulness practices and yoga, she is dedicated to helping parents cultivate calm, connected, and enjoyable relationships with their children. Clarke-Fields combines her expertise in mindfulness with practical parenting strategies, offering compassionate and evidence-based guidance. Her work is widely acclaimed for its transformative impact, helping countless families navigate the complexities of modern parenting with greater ease and understanding. Through her writing, coaching, and speaking engagements, she continues to inspire and support parents around the globe in their journey toward raising emotionally resilient and empathetic children.

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Understanding Mindful Parenting - An Introduction to Mindfulness

Understanding Mindful Parenting - An Introduction to
Mindfulness

Hunter Clarke-Fields' "Raising Good Humans" begins by emphasizing the profound significance of mindfulness in parenting. In today's fast-paced world, parents often find themselves juggling an array of responsibilities, feeling stretched thin, and reacting impulsively to their child's behavior. Clarke-Fields posits that mindfulness—a state of being attentive and present in the moment without judgment—can serve as a transformative tool for creating harmonious parent-child

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relationships and fostering a nurturing environment.

Mindfulness in parenting isn't merely a trendy buzzword but a pivotal practice that encourages self-awareness and emotional regulation. At its core, it helps parents become aware of their thoughts, emotions, and behaviors, allowing them to respond thoughtfully rather than react impulsively. By cultivating mindfulness, parents can break away from automatic, often counterproductive responses, and instead, approach situations with clarity and calm.

The introduction to mindfulness highlights its role in enhancing self-awareness. For instance, when a child throws a tantrum, a mindful parent might notice their own rising frustration or anger. They may acknowledge these feelings but choose to breathe deeply and

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address the situation with patience and empathy. This level of self-awareness can prevent emotional escalation, fostering a more peaceful interaction.

Emotional regulation is another essential component discussed by Clarke-Fields. Parents are often the emotional anchors for their children, and managing their own emotions effectively can set a powerful example. Mindfulness practices such as meditation and focused breathing can equip parents with the tools to stay grounded, even in high-stress moments. This deliberate calmness has a ripple effect, as children often mimic the emotional responses modeled by their parents.

Transforming the parent-child relationship through mindfulness means creating a space where both the

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parent and child feel seen, heard, and valued. Clarke-Fields argues that when parents approach their children with mindfulness, they cultivate an environment of trust and security. This, in turn, enables children to express their feelings openly, knowing they will be met with understanding and compassion rather than judgment.

In essence, the introductory section of "Raising Good Humans" lays a strong foundation for the subsequent principles and practices of mindful parenting. Clarke-Fields encourages parents to embark on this journey, not just for their children's sake but for their own well-being and growth. By embracing mindfulness, parents can foster a supportive, empathetic, and resilient family dynamic, setting the stage for raising kind, emotionally intelligent, and well-adjusted individuals.

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Responding Instead of Reacting - Cultivating Emotional Resilience

Responding Instead of Reacting - Cultivating Emotional Resilience

In "Raising Good Humans," Hunter Clarke-Fields emphasizes the critical distinction between reactive and responsive parenting and highlights the transformative potential of cultivating emotional resilience. Reactivity in parenting often stems from a cascade of automatic emotional responses triggered by stress or frustration. These knee-jerk reactions can escalate conflicts, reinforce negative behavior patterns, and damage the parent-child relationship. In contrast, responsive parenting involves a conscious choice in how to act,

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enabling more thoughtful and compassionate interactions.

To create this shift from reacting to responding, Clarke-Fields proposes several techniques for managing stress and preventing emotional outbursts. One foundational practice is mindfulness meditation, which enhances self-awareness and emotional regulation. By regularly engaging in mindfulness meditation, parents learn to observe their thoughts and feelings without immediate judgment or reaction. This practice creates a mental space where they can pause, reflect, and choose a more measured and appropriate response to their child's behavior.

Breathing exercises also play a pivotal role in emotional

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regulation. Simple techniques such as diaphragmatic breathing or the "four-seven-eight" breathing method can quickly calm the nervous system, making it easier for parents to maintain their composure during challenging moments. For instance, when a child exhibits defiant behavior, a parent who takes a few deep breaths is less likely to respond with anger and more equipped to address the situation constructively.

By practicing these methods consistently, parents develop greater emotional resilience. This resilience not only helps them manage their own stress but also models healthy emotional regulation for their children. When children witness their parents handling difficult emotions with calmness and clarity, they learn to mirror these behaviors. Clarke-Fields underscores the

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importance of this modeling effect, as children are highly perceptive and often internalize their parents' approach to emotions.

Moreover, teaching children mindfulness and breathing exercises can be a powerful tool in their emotional growth. Through guided practice, children can learn to recognize their feelings, pause before reacting, and choose actions that align with their long-term well-being and relationships. This instruction supports the development of emotional intelligence, equipping children with skills that will serve them throughout their lives.

In essence, the transition from reactive to responsive parenting is not instantaneous but requires consistent

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practice and commitment. By incorporating mindfulness and breathing exercises into daily routines, parents can cultivate an environment where both they and their children learn to navigate emotions with grace and resilience. Clarke-Fields' approach advocates for a greater understanding of one's own emotional landscape as a crucial step toward fostering a peaceful and empathetic family dynamic. Through these practices, families can transform their interactions, reduce conflict, and build deeper, more supportive bonds.

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