

Good example of book review on sitting still like a frog

[Family](#), [Parents](#)



The basic concept of the introduction to the actual mindfulness meditation for parents and their children comprises the activities or practices that help the small children. It also helps the preadolescence children to help them calm down, fall asleep, get more focused, and manage their anger.

Furthermore, it helps children to alleviate their worries and be aware by becoming more patient with things in the real world activities (Snel, 2). The author also has accompanied a CD, which helps the readers, who are the parents to get guides with the aid of a meditation audio voice done by Kabat-Zinn, *The Inner work of Mindful Parenting*.

Additionally, *Sitting Still like a Frog*, portrays the basics included in the mind for the children, and assists them to get the concept of mindfulness in an easy way they can understand by using a playful method. This excellent book normally also has the importance of teaching or rather guiding the children in the cultivation of mind and body presence, and also, heart presence. The author is trying to portray how people can do these kinds of practices intentionally because they are capable, though they do not practice them.

However, the author is trying to convey the essence of the world growth in the entire book in its ten chapters. The world is very dynamic, and not static. Therefore, it has become so complex in that when one is handling the everyday experiences, the book is the best guide in preparing the parents on how to ground their children. It is an important thing to behave accordingly and live in this world making sense, and at the same time, learn more as possible (Snel, 23).

There are many lessons that the children are taught such as; how they can

shift attention down into the belly from their head. For instance, the narrator helps to explain how it is calm down the abdomen since there are usually no worries. On the other hand, the book also is teaching the children to look at their inner being without judgment, but with curiosity (Snel, 75). This process will help them to understand themselves and avoid making mistakes intentionally.

In conclusion, Eline work portrays a positive understanding of impacts of stress on the growing little minds, and also, commitment in tackling it by showing children to live without ignoring or judging things. The book assists parents on the best ways of handling their children in different situations such as disciplining them. It is very useful in the modern world, and I would recommend to every family around the world since it suits both the children and parents.

Work Cited

Snel, Eline. *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)*.

Boston: Shambhala, 2013.