An Introduction to Self-Compassion in Parenting

Join us for coffee and conversation.

Hosted by Bing Teacher Jess Goodman.

Date:

Friday, February 28, 2020

Time:

9:00-10:00 am

Location:

Tower House
Bing Nursery School
860 Escondido Road

In the daily experience of being a parent, it can be hard to find time for self-compassion. In this coffee talk, Teacher Jess will introduce a framework for self-compassion based on work by Kristen Neff, a psychology professor at the University of Texas. This framework highlights the importance of self-compassion in our lives and outlines the three key components of self-compassion. With time for discussion and personal reflection, this session will offer tools and techniques to build self-compassion in parenting and in life in general.

These events are open to adults of the Bing Nursery School Community.
To learn more about upcoming events, visit our website: bingschool.stanford.edu/parents

The mission of the Kordestani Family Program for Parents and Educators is to foster a community dedicated to improving the lives of young children and their families