



Mindful Parenting magazine

15 Jul 2025

Schools are asked to share this with their school community.

Welcome to Mindful Parenting, a resource created by parents, for parents — brought to you by the Black Caribbean Parents' Forum (BCPF).

This special edition has been developed to support families and schools by offering thoughtful tools, activities, and encouragement to help build upon your version of mindful parenting.

At BCPF, we work closely with the Ealing Learning Partnership (ELP), helping to close the attainment gap for Black Caribbean children in the borough.



Mindful Parenting schools supplement June 2025.pdf (pdf)

Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

Contacts

Black Caribbean Parents Forum
bcparentsforum@gmail.com
 Last updated: 15 Jul 2025