

Table 1) Summary of the contents of parenting educational training sessions

<p>First Session Automatic parenting: Determining the goals of session, setting the general policy with regards to the confidentiality and personal life aspects of the individuals, inviting the participants to form duality groups and introducing themselves to each other and then to members of the groups as a unit, the expression of the relationship between stress and change, Raisin training, conscious breathing exercises, physical examination, homework (preoperative interruption, considering child as a raisin), discussion and appointment of weekly meetings, distribution of pamphlets of the first session</p>
<p>Second Session Parenting with a beginner's mentality: Physical exam exercises, practice review, homework review, positive experiences in child/parent relationship, recording pleasant events, exercise attitude with kindness and no judgment about the child and his behavioral problems, sitting meditation, assigning homework</p>
<p>Third Session Establishing a new relationship with the body as a parent: physical examination, exercise rehearsal, homework review, awareness of five senses, awareness of pleasant events, awareness of body sensation when experiencing parenting stress, "seeing" or "hearing" exercises, 30 to 40 minutes in meditation mode, homework overview, triple minute breathing practice, recording stressful events with the child, assigning homework (practice mindfulness with the child)</p>
<p>Fourth Session Responses to the lack of response to parenting stress: practicing the leaves on the river, exercise rehearsal, homework review, awareness of childbearing stress and admission, how to exacerbate stress by thinking, highlighting the disadvantages and the benefits of reaction and lack of response to stress, doing meditation sitting, Deep and conscious breathing for three minutes, awareness of breathing, body, voice, and thoughts, home assignment</p>
<p>Fifth Session Parenting schemes and patterns: 40 minutes of sitting meditation, rehearsal exercises, homework review, recognition of parenting patterns of parents, how the mothers' parents' parenting quality affects the quality of their parenting, Kindly responding to violent and harsh emotions, practice three minute breathing, reviewing exercise, walking with mindfulness, assigning homework</p>
<p>Session Six Conflict and parenting: physical examination exercises, practice walking with consciousness, reviewing the homework, examining the parent-child conflicts, seeing the conflict position as a challenging position rather than a stressful and difficult situation, raising awareness and response with kindness to the shared emotional experiences with children, practicing three minutes of deep and conscious breathing, assigning homework</p>
<p>Session Seven Love and Restrictions: Practicing three minutes of deep and conscious breathing, reviewing your homework, loving oneself with kindness, self-denial, placing limits and identifying boundaries consciously, preparing for completion of the course, exercising physical examination, assigning homework</p>
<p>Eighth Session Mindfulness parenting: Practicing seeing or hearing for 5 minutes, sitting meditation, love practice, homework review, using of insight and introspection to change the attitude toward life and their children, anticipating possible obstacles to failure and progress in future, review of past content and summing up</p>

Table 2) The mean of total anxiety scores, parent-child conflict and parenting self-agency in two control and experimental groups (each group of 17) in pretest and posttest stages

Variables	Experimental Group	Control Group
Anxiety		
Pretest	23.11±9.17	22.35±9.94
Posttest	19.58±8.95	22.17±10.11
Parent-Child Conflict		
Pretest	38.64±15.16	37.70±14.53
Posttest	35.58±14.51	37.10±13.95
Parenting Self-efficacy		
Pretest	32.94±4.95	32.70±4.97
Posttest	40.52±5.28	33.41±5.90