



Simplicity
Parenting
Inspiration
Education
Life

Flourishing Families

We all want our children to thrive, have good mental and physical health, be well-balanced, confident, resilient, optimistic and lead flourishing lives in a fast-moving competitive society.

Early childhood is a unique and sacred time which allows children to develop foundational skills that sets them up for life.

The window of opportunity is short lived, so it is important to implement healthy and holistic strategies right from the start.

This one hour workshop provides parents with inspiration, ideas and skills to give your children a headstart in life.

Topics

How to align your values with the way you want to parent without having to succumb to external pressures.

What kind of parent you would like to be, and what kind of person you want your child to become.

Understanding childhood as a unique platform to set the foundations for good mental and physical health, academic endeavours and a flourishing life.

How to apply the key principles of Simplicity Parenting in your parenting including:

- The Importance of Play.
- The Importance of Rhythm and Rituals.
- How to filter out the adult world during childhood.
- How to establish a sense of calm and connection.
- The principles of 'less is more'.

Facilitator, Susanne North is a Family Educator, a Positive Psychology Practitioner and Simplicity Parenting Family Coach with a passion for supporting families to be at their best.

For Bookings Call Susanne North on 0416 186 117