



Simplicity Parenting Workshop

A blueprint for change: Re-claiming childhood and establishing family harmony

Based on the Simplicity Parenting Movement, founded by the internationally renowned family consultant, Kim John Payne, this workshop helps parents to re-evaluate family life and brings their current life more in alignment with their values.

It equips parents with practical and simple skills to raise calmer, less anxious, happier and more secure children in a fast-paced and highly competitive society. Underpinning this philosophy are four realms that can be easily incorporated in our busy lives:

- 1. Providing sanctuaries of calm and connection**
- 2. Establishing healthy rhythms and rituals**
- 3. De-cluttering and streamline home environments**
- 4. Scale back on media and parental involvement**

The Results

- **Increase in harmonious relationships**
- **More resilient and less anxious children**
- **Positive behavioural shifts**

These four realms of Simplicity Parenting ground children and allow them to develop at their own pace, relying on their inner resources. It creates pockets of connections that help to build resilience and a sense of hope as well as cultivating mindfulness.

Parents often notice quickly the positive behavioural shifts when they give their children space, love, reassurance and attention.