

# SIMPLICITY PARENTING

Are you interested in creating more rhythm in your family home life?  
Would you like to experience more ease, calm and connection in your family?  
How about increasing your confidence as a parent while experiencing the support of  
other parents in a community environment?

## *Free Introduction to Simplicity Parenting*

Monday, December 5, 2011

9am-10:30am

During this session, come and hear a presentation on the work of the Simplicity Parenting movement. This is an internationally recognized movement, based on the book *Simplicity Parenting* by Kim John Payne.

**Location: Shepherd Valley Waldorf School**  
Sweet Pea Garden classroom

## *Support & Enrichment Group*

This seven session series will lead us through a study of the book *Simplicity Parenting* by Kim John Payne. Working in a warm supportive group, parents will find ways to integrate small, but transformative changes into their family lives. Parents who use these tools to simplify their homes and schedules find that their children are calmer and happier, do better socially and emotionally, are more focused at school, and find it easier to comply with family rules and routines.

**Date and Times:** January – March, Monday mornings, 9am-11am

<u>January</u>	<u>February</u>	<u>March</u>
Jan 9 Why Simplify?	Feb 6 Environment, De-cluttering	Mar 12 Filtering Out the Adult World
Jan 23 Soul Fever	Feb 13 Rhythm and Predictability	Mar 26 Simplicity To Go!
	Feb 27 Scheduling	

**Cost:** \$185 + \$15 materials fee (Parent Handbook) + book *Simplicity Parenting* by Kim Payne (available at [www.amazon.com](http://www.amazon.com) or other retailers)

**For more information or to register call:** Group leader Christine Summerfield at (720) 564-0381 or [info@christinesummerfield.com](mailto:info@christinesummerfield.com). Christine is a mother of two young adults and has been a Waldorf kindergarten teacher for over ten year. Christine is also a trained group leader in Simplicity Parenting. Check out [www.christinesummerfield.com](http://www.christinesummerfield.com) or [www.simplicityparenting.com](http://www.simplicityparenting.com) for more information.