



Creating Family Culture

An evening talk with Mary Heard on Wednesday 18th November at 7:30pm

Like the earth in which our plants grow, a family culture creates the 'soil' in which our children will grow as they develop their sense of self. Living within a society that pushes our children into 'too much, too fast, too soon' can so easily distort our ideas of parenthood. We can balance this by developing a family culture that highlights our shared values.

In this workshop we will create some customs or rhythmical activities that help us determine and develop what is important in our family. These can be traditions we have brought from our own childhood or they may be activities that arise out of a shared connection with everyone in the family – things we all love to do. They will not be challenging or demanding activities, they will arise out of your own individual feelings of relaxation and ease.

Some examples of rhythmical activities would be

- Having breakfast together on Sundays
- Going camping at the same place every summer
- Sorting our recycling on bin night (the kids will love it if they do it with Mum and/or Dad)
- Having a certain way of saying goodnight to each other

The important thing is that everyone in the family is involved, it is shared time together or a shared approach to life. By making things rhythmical in our family lives we are establishing their importance.

These customs will grow stronger over the years and will create a wholesome and nourishing family tradition. Family culture creates a deep sense of security, restfulness and connection beyond the ups and downs of the individuals and something that can be counted on in an uncertain world.

- **WHEN**

Wednesday 18th November 7:30pm

- **WHERE**

This will be a ZOOM Event. The Zoom link will be sent out after booking your place.

BOOKINGS ARE ESSENTIAL

This event is sponsored by the Glenaeon Parents Association.



Mary Heard trained as a Simplicity Parenting coach in 2015 and has been running workshops since then. Simplicity Parenting is based on the book written by counsellor, educator and researcher Kim John Payne in response to the 'new normal' of overwhelm that so many children and families are experiencing.

Please register for this event at: <https://www.trybooking.com/BMCZH>

For further information, please contact castlecrag@glenaeon.nsw.edu.au or phone 99580774

