



Simplicity Parenting

A morning talk with Mary Heard on Friday June 4 at 9:15am – 11:00am

Simplicity Parenting helps parents align family life with their own values and protect ourselves and our children from the pressures of 'too much, too fast too soon'. Mary will look at ways we can slow down, take back control and declutter our family lives, making more time for the things that are important to us. This talk will give an overview of how we can use simplicity to bring healing to our family life with the four 'pillars' of Simplicity.

- ENVIRONMENT - Creating a calm environment that fosters deep and creative play.
- RHYTHM - Creating 'pressure valves' in our day to bring comfort, order and security to our children and a culture of connectedness to our families
- SCHEDULING Including open ended periods of downtime to just 'be' in all the busyness
- FILTERING OUT THE ADULT WORLD - Saying 'no' to the pressures and anxieties of adult life that are pouring into our children's awareness before they are ready.



• WHEN

Friday June 4 9:15am – 11:00am

• WHERE

Marion Mahony Griffin Hall
Glenaeon Castlecrag Campus
121 Edinburgh Rd, Castlecrag 2068

BOOKINGS ARE ESSENTIAL.

Please book your free place at:

<https://www.trybooking.com/BQJOP>

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



Mary Heard trained as a Simplicity Parenting coach in 2015 and has spent the last five years helping families simplify their lives and create time for connection. Her work is based on the book 'Simplicity Parenting' by Kim John Payne

