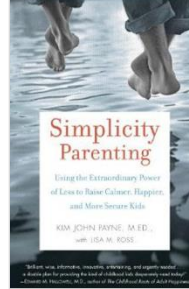


Simplicity Parenting

WITH AUTHOR, KIM JOHN PAYNE



Kim John Payne, internationally known best-selling author of *Simplicity Parenting* and *The Soul of Discipline* is coming to Baltimore once again for a two-day parent workshop!

Saturday, September 23

9:30am-2:30pm

In this lecture and workshop, Kim explains why less is more and presents four simplicity pathways you can take to help your child feel calmer, happier and more secure. This is the work and the workshop which provided the inspiration for Kim's book by the same name (published in August 2009). It presents not only the four simple steps, but examples of how to bring "the power of less" into your home on a daily basis.

So much of modern life seems to be about more. Very few presentations you will attend will suggest that you do less, but this is one of them. It quietly presents 'do-able' daily ways in which we can simplify our families lives and by doing so, build resiliency within our children.

Step One:

Simplify your environment

Step Two:

Simplify food and mealtimes

Step Three:

Simplify your family's schedule

Step Four:

Simplify the amount of information and involvement about the adult world

Sunday, September 24

9:30am-2:30pm

Being at your Best When the Kids are at Their Worst: **Simplicity Parenting Approach to Emotional Self-Regulation.**

In this workshop we will look at how to stay engaged on the often frustrating and unpredictable "family dance floor" while at the same time watching from the calm and loving "parental balcony."

Specifically we will explore...

- What prevents us from being at our parental best?
- How to shift taking it personally.
- No more nagging.
- Feeling the freedom to be direct and firm rather than frustrated and angry.
- Breaking out of old unwanted emotionally triggered pattern.
- Attuning to the early warning signs of escalation
- Finding our own parenting voice.

At the heart of this workshop is learning **Compassionate Response**. This is a tried and proven practice that directly works to break us out of old unwanted patterns of escalating action – reaction patterns with your children, tweens and teens and frees us to find our own parenting voice right in the moment when we need it most.

"I loved my children so much and yet I would get triggered by their behavior and become a person I just did not want to be. I know it sounds cliched but this workshop changed everything. I seldom ever lose it anymore and we are all way more connected as a family."

- Kerry Donovan, Parent

Lunch included in the \$15 per day registration

Childcare available for a fee

REGISTER online for one-day or the weekend at

WALDORFSCHOOLOFBALTIMORE.ORG



Warmly,
Cecilia Liss
Academic Director



Jen Baumgartner
Parents Association
Chair

Join
us

All are
welcome

About Kim John Payne

Kim John Payne has been quietly and passionately working to help tens of thousands of people give voice to the feeling that something is not okay about the new normal of overwhelm that so many people are now experiencing. He offers do-able ways to realize the hopes and values we all have for ourselves, and build deep connections with our children that gives families resiliency and simple joy.

A consultant and trainer to over 230 U.S. independent and public schools, Kim John Payne, M.ED, has been a school counselor, adult educator, consultant, researcher, educator and a private family counselor for twenty seven years. He regularly gives key-note addresses at international conferences for educators, parents, and therapists and runs workshops and training's around the world. In each role, he has been helping children, adolescents and families explore issues such as social difficulties with siblings and classmates, attention and behavioral issues at home and school, emotional issues such as defiance, aggression, addiction and self-esteem and the vital role living a balanced simple life brings.

He has also consulted for educational associations in South Africa, Hungary, Israel, Russia, Switzerland, Ireland, Canada, Australia, and the United Kingdom, Thailand and China. Kim has worked extensively with the North American and UK Waldorf educational movements. He has served as Director of the Collaborative Counseling program at Antioch University New England. He is the Director of the Simplicity Project a multi media social network that explores what really connects and disconnects us to ourselves and to the world. Together with his team they have trained around 1000 Simplicity Parenting Coaches around the world. Kim is the Founding Director of The Center for Social Sustainability, an organization that has trained thousands of teachers, parents and students in the Three Stream Process that gives social, emotional and behavioral support to children who struggle in the school environment.

In addition to authoring the #1 Best Seller Simplicity Parenting© . Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kid, published by Random House Penguin in 2009, he also authored The Games Children Play©, (1996) published by Hawthorn Press ,The Soul of Discipline (2015 Random House/Penguin), co-authored Whole Child Sport™ How to Navigate Child & Youth Sports™. and Being At Your best When Your Kids Are At Their Worst (Shambhala Press 2017). His books have been translated into 27 languages.

He has appeared frequently on television including ABC, NBC, CBS, Fox; on radio with the BBC, Sirius/XM, CBC & NPR and in print including being featured in Time Magazine, Chicago Tribune, Parenting, Mothering, Times Union and the LA Times.

Kim strives to deepen understanding and give practical tools for life that arise out of the burning social issues of our time. He lives on a farm in Ashfield, Massachusetts with his wife and two children.

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish.

A manifesto for protecting the grace of childhood, Simplicity Parenting is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children.

- Excerpt from Amazon.com

INFORMATION GATHERED BY THE WSB PARENTS ASSOCIATION

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