

Dr. Sapna's
YOUNG PARENTS

Parenting is a continuous process of self- evolution. Every new day brings up new challenges and every child throws at us his unique characteristics to deal with. Are we equipped for it?

Parenting is the most experimental process of our life. Nothing can prepare us for the new life that is as clueless about us as we are about the little one. Hence the challenges galore! A generation earlier the life was different so were the life style and support. Today with most children being born in households where both the parents are working with no experienced grandparent around, the trials can get to be frustrating.

When we enter parenthood, it is when we have recently entered responsible adulthood. We haven't got an opportunity to explore ourselves completely as yet and we have hardly known the world. There is as much for us to learn as our children have.

Involved parents have been correlated with improved test scores, grades, social competency and overall well-being of children. At the same time over- parenting risks leaving children with a sense of entitlement, anxiety, lack of responsibility and poor life skills.

Given the competitiveness, risks, exposures and uncertainties of the 21st century, parenting is all about achieving the balance.

Dr. Sapna's years of research based programs aim at exploring the best from the process of everyday parenting minus the guilt and breakdowns.

TOGETHER WE EXPLORE

- 👩 Keeping the focus right
- 👩 Managing energy demands
- 👩 Balancing the imbalanced only
- 👩 Fielding support and resources
- 👩 Planning for what really matters
- 👩 Living right even while parenting

METHODOLOGY: All these topics can be delivered as 2 hours interactive lectures or one and two days experiential workshops.

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