

*Dr. Sapna's*  
**SPIRITUAL PARENTING**  
For the parent in us

Parenting is not about bringing up the children.

It is about growing up as an individual to be efficient to nurture our children right.

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?

When we enter into parenting believing that we are the elders and they are the new comers hence we must know more, we create avenues for every day frustrations for us and for them. Let us accept that we are as new a parent as they are the children and start at base zero together.

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.

Entering parenthood with as much an awe and wonder as the children have, awareness And acceptance of our ignorance as they have and keeping our faculty of learning as alive and excited as they do- together we can change the way parenting would be.

Parenting does not have to be stressful. Provided the way we look at it.

In this unique research based program together we explore:

- Connecting with and healing the child within us
- Exploring and accepting our know how of parenting
- Appreciating ourselves and our children for what we are
- Learning coping strategies to keep up with the kids
- Believing in the reason behind every persons uniqueness
- Reinventing the love and happiness in us

**Methodology:**

Experiential learning with Discussions, Analytical Exercises, Role-plays and Personal Planners.