

Dr. Sapna's

FOUNDATION PARENTING

For the parents and teachers of tiny- tots

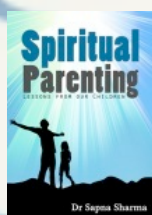
A child's first teacher is her parent, so it's natural for the parent to have the desire to play a role in that child's education. The benefits to a parent's active involvement in a child's education are multiple and include improved student performance and the development of learning skills. However when overzealous parents cross the line and begin interfering in schools, the effects could last well into adulthood.

The term "Helicopter Parenting" was coined by Dr. Haim Ginott's 1969. It refers to "a style of parents who are over focused on their children. Another similar term is "lawnmower parents." This parenting style risks removing "any barrier or discomfort for their kids" and can result in "robbing their children of learning how to solve their own problems and deal with not getting what they want."

Educators remind us that parents should not completely sidestep their involvement in their child's formative adolescent years. Involved parents have been correlated with improved children's test scores, grades, social competency and overall well-being. 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.

"Foundation Parenting" is a well-researched work of Dr. Sapna Sharma, International Spiritual Counselor, Life Coach, Motivational Speaker, Parenting & Relationship expert and Author of SPIRITUAL PARENTING- Lessons from our children



"Foundation Parenting" addresses the issues faced by every teacher and parent today and much more with a global perspective.

Duration and Delivery: The session can be conducted in the form of:

- ➔ Two hour interactive seminar OR
- ➔ 5 /6 hours participative workshop

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