



## Spirit of Childhood Foundation

..providing positive outcomes for parents, carers, & children

### Inspir=Ed Simplicity

by Allana Wright



**Fiona, Kate and Suzzane from the Inspir=Ed program discover the joys of simplicity parenting**

When asked what is the most inspiring aspect of the Inspir=Ed Parenting programs is, I would have to say that it is the simplistic nature of parenting that it promotes. This innovative program is designed to give parents the skills, strategies and confidence to parent from the heart, providing information on early years parenting, nutrition, songs, games and crafts that will not only benefit the parent by providing a calmer child, but having the potential to resonate through the whole family.

The 'back to basic' nature that the Inspir=Ed Parenting program promotes, allows parents to slow down, calm down and relax with their child enabling both parent and child to enjoy spending quality time at home without the need to 'get out of the house' each day and without having to purchase copious amounts of expensive toys, video games and DVD's for entertainment. This is achieved by introducing parents to an all natural concept of toys, where parents and children make a few simple toys from natural material that are not only environmentally friendly, long lasting and made with love but also great tools to encourage, engage and stimulate endless imaginative play and creativity. Something that a lot of off the shelf toys lack the ability to do for extended periods of time.

Parents in Sydney have been enjoying attending the Inspir=Ed Programs with their children for two years now and have found that there are a lot of changes in their children because of the tools the program had given them and would recommend that parents "give it a go". There is now the chance for local parents to 'Give it a go' with 2 hour groups running each weeks in the area.

Inspir=Ed parent-child groups are currently running in the Murwillumbah community supported by Murwillumbah Communities for Children.

Please contact either Allana Wright 6672 7385 or Jane Hanckel 6684 6073



[www.spiritofchildhood.org](http://www.spiritofchildhood.org)

T: 02 6684 6073

[welcome@spiritofchildhood.org](mailto:welcome@spiritofchildhood.org)

ABN: 98 128 220 306

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