


*How can you parent consciously, calmly and effectively,
when there are so many demands on your time and energy...?*

FIND OUT DURING THE

ANNUAL MINDFUL INTERNATIONAL PARENTING

INTERACTIVE MINI-COURSE THIS MARCH IN OEGSTGEEST



childrearing matters 

and



are combining forces to present this 4-session mini-course, especially designed for international parents. On it, you'll learn to enjoy the present (instead of constantly striving for long-term goals), so that you can

- *experience more rest and less stress at work and at home*
- *better understand, accept and meet your own and your child's needs*
- *have more energy to deal with challenges and do the things you love!*

Mindfulness techniques have been shown scientifically to reduce stress and promote good family health. **International child behaviour expert and public health advisor Alison Sutton M.Sc. (Leiden), P.G.C.E. (Cambridge), B.A. (Exeter and California)** will teach you how to combine mindfulness techniques with insights into child development, to improve significantly the quality of your family life.

MINDFUL INTERNATIONAL PARENTING will take place from 7.30 until 10pm on four Tuesday evenings, beginning on Tuesday, 5th March, 2013 at **CompaNanny, Rhijngesterstraatweg 40, 2341 BV Oegstgeest.**

Thanks to CompaNanny's sponsorship, we are offering a limited number of course places for the special price of €159.00 per person.

To reserve your place, register by telephone (06 204 204 64) or email on childrearing.matters@gmail.com

Places are strictly limited, so book early to avoid disappointment!