

Introduction to Aware Parenting Workshops



This three-hour introductory workshop covers the foundations of connected parenting.



Lael Stone

Lael Stone is an educator, author, mother and experienced childbirth professional with a background in childbirth education as well as pre- and postnatal counselling.

She has been working with Aware Parenting for over 10 years and actively instructing to groups and private clients for five years. She also regularly teaches sex education to teens, and consults with parents on how to communicate with kids about sex in the modern age. She is currently creating a podcast about raising teenagers through Aware Parenting.

Lael is mother to a 17 year-old son and two daughters aged 14 and 10.

Aware Parenting is a philosophy of child rearing developed by developmental psychologist and author Aletha Solter PhD. Based on current research in child development, Aware Parenting proposes a new approach that can significantly improve relationships within a family. Aware Parenting offers a hugely valuable set of tools for parents aiming to raise children through connection and communication, without having to use punishments and punitive discipline methods.

- Dealing with tears and tantrums
- Sleep and food issues
- Alternatives to threats or punishment
- Coping with resistant, defiant, aggressive or hyperactive behaviour
- Using play to release stress and create co-operation
- Exploring what triggers you as a parent
- This workshop is perfect for parents with any age children.

This workshop is interactive and there will be many opportunities to ask questions about your own circumstances.

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Birth, Sexuality & Parenting

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