

Aware Parenting One-on-One Sessions

Delve deep into your child's behaviour and learn how to nurture and support them emotionally.



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 based on principles of connection, communication and respect. Developed from Dr. Aletha Solter's cutting-edge research and insights in child development, Aware Parenting questions the traditional assumptions about raising children, and proposes a new approach that can profoundly shift a parent's relationship with his or her child. Parents who follow this approach raise children who are bright, compassionate, competent, non-violent, and drug-free.

Content Lael will explore any behavioural issues with your child, reactions you may be having to your child or in your relationship. Topics include (but are not restricted) to:

Sleep & Food Issues / Aggression in Toddlers / Childhood Fear & Trauma / Attachment / Our Relationship to Mothering / Sexuality in Motherhood / Boundaries & Discipline / Crying and Play Therapy.

Delivery An initial in-person 90-minute session followed by two or more 60-minute follow-up consultations via phone or Skype.

Pricing First Session - \$160; Phone/Skype Sessions - \$120 each.

Enquiries & Bookings

Contact Lael Stone – learn@laelstone.com.au

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Birth, Sexuality & Parenting

www.laelstone.com.au