

SPARK Parenting 101

It takes a shift in mindset and behavior to transform your family life from one that regularly careens out of control to one that you purposely guide down a more meaningful path. It's the difference between counting the moments until your kids leave home and making the moments count while your kids are still at home.

If you yearn to change your family experience from a frenetic dash through overscheduled days to a simpler, slower-paced, more meaningful family life, then you're ready to embrace the SPARK Parenting philosophy.

SPARK Parenting means the **Smart, Purposeful Approach to Raising Kids**.

Smart parenting means...

- ♥ **Slowing down:** embracing a slower pace; raising an unhurried child; getting more out of life by doing less; savoring your life instead of rushing through it; decelerating to connect with people; making time to relax, play, and dream; letting go of competitive parenting
- ♥ **Simplifying:** putting more meaning into your living; saying no to things that aren't important or in line with your values; focusing on people rather than things; decluttering your time and space
- ♥ **Being present:** living mindfully; purposely paying attention to what you're doing right now; living in the moment; learning to pause and notice instead of running on autopilot; listening with complete focus
- ♥ **Finding balance:** restoring and maintaining stability in all areas of your life; living in moderation; giving your life breathing space; instilling self care for individuals, couple-time for parents and unstructured free time for kids

Purposeful parenting means...

- ♥ **Determining what's important:** pinpointing the specific values and life skills you'd like to teach your kids; identifying the high-priority issues for your family, such as education or service, so you can focus on what really matters
- ♥ **Creating a vision:** seeing the big picture; imagining a better life for your family; envisioning what you want your family to become; visualizing a more meaningful, connected family experience
- ♥ **Setting goals:** crafting a plan for your family based on what's important to you; taking steps to transform your vision into reality; setting objectives and deadlines for your family so you can track your progress
- ♥ **Parenting with a purpose:** taking an intentional approach to your parenting; living an authentic life; honoring your vision and goals through action; cultivating a life of integrity

Are you inspired and ready to take action? If you want to close the gap between what you dreamed your family would be and what it has become, then tap into the resources available at www.SPARKparenting.com. Learn how to clarify family priorities, teach your kids values, slow down your family's pace, simplify your time and space, and infuse more joy into your family life. The goal? To build a positive family culture, deepen your connection with each other, create warm memories, and live a more balanced, meaningful life.

SPARKparenting.com aims to help parents create a simpler, slower-paced, more meaningful family life. We offer practical ideas, tips and resources that will inspire parents to embrace the **Smart, Purposeful Approach to Raising Kids**.