

Parenting Classes



Family Foundations

**A Course to Nurture Parents of Young Children
Birth to Age 7**

SCHEDULE: Saturdays, once per month,
9:00 am – 3:00 pm, October through May

LOCATION: Seattle Waldorf School
2728 NE 100th Street, Seattle, WA 98125

In this heartfelt class designed to educate and renew the parents of young children, you can experience a nourishing and informative respite from the daily challenges of parenting. This course provides a supportive conversation and experiential workshop to develop parenting skills and a deep understanding of the lively dynamics of the first seven years in a parent and child's life together.

**BEGINS IN
OCTOBER, 2014**



Soulful Parenting

**A Course to Nurture Parents of
7-14 Year-Olds**

SCHEDULE: Fridays, once per month,
5:00 – 9:30 pm, October through May

LOCATION: Seattle Waldorf School
2728 NE 100th Street, Seattle, WA 98125

This class of exploration and inquiry into the development of the 7-14 year-old child offers a deep resource for parenting. Understanding a child's growth supports an awareness of the thinking and feeling that creates parenting responses and actions. Through this carefully built process, parents can meet their world of soul and feeling, while shepherding their children through unfolding phases.

Classes provide parents with support in working consciously on their own development and self-discovery so that their children are affected in a positive way. Courses draw upon an approach to parenting which inspires balance, joy, hope, health and trust in oneself as a parent.