



# SIMPLICITY PARENTING EVENT

Applying Simplicity Principles During the Holidays

## ABOUT THIS WORKSHOP:

The winter holidays are a wonderful time for reconnecting and celebrating with family and friends. They can also create some of the biggest disruptions in your childcare rhythms and routines, contributing to higher stress, disrupted sleep and even emotional meltdowns (sometimes even from the children).

So how do you preserve your own sanity and a sense of peace in your household while still participating in holiday celebrations?

The Simplicity Parenting Method offers four pillars for reducing family stressors and building greater meaning and connection among family members. In this conversation, we'll briefly go through those four pillars of simplicity and discuss how to apply them during the holiday season so that you can spend less time stressing about overwhelm and more time building special family experiences and memories.

## JOIN US:

Tuesday, December 19, 9:15 am  
Indoor Sycamore Classroom

## ABOUT OUR SPEAKER:

Drew Sample is not only an Acorn Hill parent alum and current Washington Waldorf School parent, but he is also a certified group facilitator with Simplicity Parenting. This is a parenting philosophy based on the work of child clinician Kim John Payne which provides an antidote to the new normal of modern overwhelm, by giving parents practical tools to simplify family life and prioritize healthy development, enjoyment, and well-being. Drew leads rich discussions with parents based on evidence, personal experience and open conversation.

