



Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids

By Kim John (M.Ed) Payne, Lisa M Ross

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Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish. **Simplicity Parenting** offers inspiration, ideas, and a blueprint for change:

- Streamline your home environment. Reduce the amount of toys, books, and clutter—as well as the lights, sounds, and general sensory overload.
- Establish rhythms and rituals. Discover ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed.
- Schedule a break in the schedule. Establish intervals of calm and connection in your child's daily torrent of constant doing.
- Scale back on media and parental involvement. Manage your children's "screen time" to limit the endless deluge of information and stimulation.

A manifesto for protecting the grace of childhood, **Simplicity Parenting** is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children.

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Editorial Review

From Publishers Weekly

Waldorf educator and consultant Payne teams up with writer Ross to present an antidote for children who are overscheduled and overwhelmed by too much information and a fast-paced consumer culture that threatens the pace and playful essence of childhood. Payne claims that a protective filter should surround childhood, rather than the competitive, stressful adult world that has encroached on childhood's boundaries, preventing kids from developing resiliency with a sense of ease and well-being. But Payne is not a doomsayer: he presents a wealth of practical ideas for reclaiming childhood and establishing family harmony. In chapters covering four levels of simplification—environment, rhythm, schedules and Filtering Out the Adult World—Payne explains how parents can tackle extraneous stuff and stimulation by reducing the mountain of toys, limiting scheduled activities, providing valuable downtime and employing such pressure valves as storytelling and periods of quiet. According to the authors, limiting choices and activities will lead to kids who are more secure and less stressed, and to parents whose days are calmer. With fewer choices, Payne explains, families have the freedom to appreciate things—and one another—more deeply. Though simplicity parenting may seem a stretch for some, others will find that Payne's program for restoring creative play, order and balance is long overdue. (Sept.)

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Review

“This book is a wake-call for all of us who have misjudged what children need and can handle, and who have wandered so far from the best practices that we are raising neurologically damaged and emotionally stunted human beings as a result. **Simplicity Parenting** arises from dialogues with real people, from their questions and their needs. Kim John Payne is sharp, funny, and wise, and—best of all—he has something shattering but positive to say to an America that is struggling to know how to live.” —Steve Biddulph, author of *The Secret of Happy Children*

“If you are raising children in these anxious times, you need this book. It will inspire you, reassure you, and, most important of all, it will remind you that less is more, that simplicity trumps complication, that rhythm and routine bring peace to the soul. In this profound and practical guide, Kim John Payne offers parents a doable, step-by-step approach to simplifying everyday family life, from the toy box to the dinner table. In the process, he reveals to us the rewards to be found in slowing down, savoring our children's childhoods, and more fully enjoying our own adult lives.”—Katrina Kenison, author of *Mitten Strings for God*

“**Simplicity Parenting** takes the unusual and unusually wise stance that sometimes less can be more. Less as in less frenetic activity, less racing around, less clutter. Payne provides practical strategies for turning down the volume and creating a pace that fosters calmness, mindfulness, reflection, and individuality in children. **Simplicity Parenting** should be on every parent's (indeed, every person's) reading list.”—Kathleen A. Brehony, Ph.D., author of *Awakening at Midlife*

“Brilliant, wise, informative, innovative, entertaining, and urgently needed, this timely book is a godsend for all who love children, and for children themselves. It ...

About the Author

A consultant and trainer to more than sixty U.S. independent and public schools, Kim John Payne, M.Ed., has been a school counselor for eighteen years and a private family counselor-therapist for fifteen. Payne has

worked extensively with the North American and U.K. Waldorf movements. He is currently project director of the Waldorf Collaborative Counseling Program at Antioch University New England, the director of a large research program on a drug-free approach to attention priority issues disorders, and a Partner of the Alliance for Childhood in Washington, D.C. He lives with his wife and two children in Harlemville, New York.

Lisa M. Ross has been involved with books for more than twenty years, as an editor and literary agent, and now exclusively as a writer. She lives with her husband and two children in Stuyvesant, New York.

From the Hardcover edition.

Users Review

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