



Christiane Kutik

Stress-free Parenting in 12 Steps

**Erziehen mit Gelassenheit.
Zwölf Kraftquellen für das Familienleben**

New edition (6th, updated edition).

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This is a book written specifically for parents with no time and little energy – short, easy-to-absorb and easy-to-implement steps to quickly improve family life.

- Learn how your family can grow together by introducing a solid structure based on clear roles, rules, routine and respect.
- Christiane Kutik is an expert in early-years childcare and lectures on the practical issues of childcare and family life.

When a child is born parents feel on top of the world, but stress and exhaustion can soon take over, leaving nerves frayed. In this concise, practical book Christiane Kutik highlights twelve simple steps for bringing some peace, composure and enjoyment back into everyday family life.

She bases her approach on providing a solid underlying structure to family life, with clear roles, rules, routine and respect. She goes on to show how your family can grow together through incorporating enjoyable rituals, being responsive to your children, giving them the support they need and the space to develop their own abilities. She discusses ways to introduce moments of calm and spiritual connection into everyday life. She also stresses the importance of parents trying to make a little time for themselves to reflect on life and relax.

Christiane Kutik is an educator, trainer and coach for parents and educational professionals. She is the author of several books, published by Verlag Freies Geistesleben.

