



Christiane Kutik

Parenting with Values.

12 Essential qualities your children need

and how to teach them

Herzensbildung.

Von der Kraft der Werte im Alltag mit Kindern

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- **An inspiring book which suggests that strong values are what children need most to help them find their way in life.**

What do we, as parents, need to give our children to ensure they grow up to be happy, well-balanced and resilient people? Parenting tutor and mother of two Christiane Kutik tells us that, above all, children need their parents to give them strong values to help them find their way in life.

Many of us consider values to be an old-fashioned concept but Kutik suggests that by fostering twelve vital values, parents can provide their children with all the tools they need to flourish, to discover the worth of non-material rewards and to have an emotionally enriching life.

Parenting with Values encourages parents to reflect on which values they want to pass on to their children. In twelve short, easy-to-digest chapters, Kutik discusses the essential qualities that children need, and explains how each one is learned and passed on from parent to child.

The twelve essential values Kutik identifies are: Self-esteem / Compassion / Honesty / Respect / Sensibility / Humour / Security / Capacity to manage conflict / Independence / Interest the world / Soulfulness / Connection the natural world

This engaging and readable book is filled with practical everyday examples of values in action. It will provide inspiration for parents who wish to proactively encourage positive development in their children.

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.

