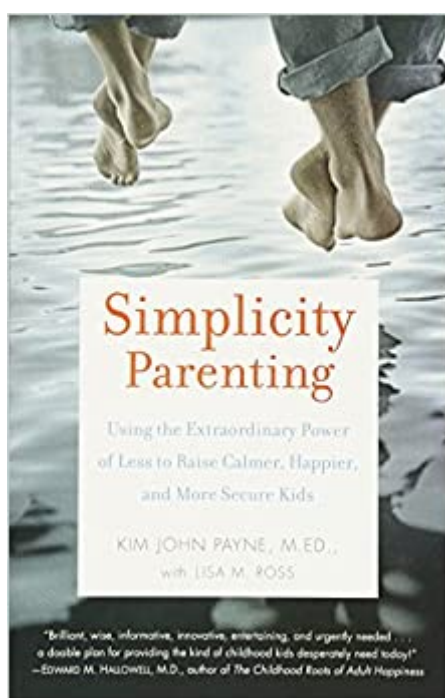


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# Simplicity Parenting: Using The Extraordinary Power Of Less To Raise Calmer, Happier, And More Secure Kids



## Synopsis

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.

## Book Information

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## Customer Reviews

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.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

“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 the 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 provides a doable plan for providing the kind of childhood kids desperately need today!”  
• Edward Hallowell, M.D., author of The Childhood Roots of Adult Happiness  
“Kim John Payne helps parents better understand one of the most challenging issues of our time—the hurried, materialistic, competitive, highly pressured nature of today’s childhood. After reading Simplicity Parenting, parents’ new mantra will be “Less builds security, sanity, and connection. And they will have the tools they need for implementing this mantra in their families.”  
• Diane E. Levin, Ph.D., co-author of So Sexy So Soon  
From the Hardcover edition.

As a clinical psychologist, and mother to an 18-month old, I cannot say enough wonderful things about this book. Since becoming pregnant, I have felt this certain ‘pressure’ to do do do for my child. Intuitively, I felt that it was too much, both for me and my child. This book helped me see how it was too much. My favorite part of course, as with everyone else, is the chapter on toys. I got rid of (put away) all toys that did not sustain my daughter’s attention or were just plain annoying! I am trying to minimize the amount of toys, keep an open space, and buy only toys that stimulate her imagination. What I am finding is that I am a lot more interested in her world because of this (what adult can really stand Elmo for too long). I have backed off from feeling that I need to play with her, and as a result, am more calm and aware of her. We also started integrating a day of the week (sundays) where my husband and I do not use the internet or tv. We found ourselves feeling calmer and feeling more bonded as a family. There are probably a million more things that I could say about this book, but the bottom line: do not hyperparent (or your child will end up in my office with anxiety or related concern), keep things calm, get rid of ugly or loud plastic toys, and get out into nature! Read this book:-)

Incredibly powerful. Gave me the strength to say no. It’s ok to say no to dance when your child is already doing soccer and swimming. She needs you to say no. And the most powerful idea - life is lived in the pauses. Make sure you and your children have some.

Helped me see parenting from a fresh perspective.

Great Book

An excellent book, it really helped me to slow down and enjoy being a better parent. Less is more, and our kids prove it with their imagination. Easy to read, short and to the point. Also, it is nice to read a parenting book by a Father.

An essential read. The book is applicable for everyone, not just parents. IT is very simple, meditative, healing, reasonable, and brings peace and deep joy. It did change our lives.

I have to rave about how much I appreciate this book. I read this book about 2 years ago and I have recommended it to many other parents since then. I love how it stresses having a reverence for childhood and letting children learn through using their imagination with simple, every day surroundings both in the home and in nature. My husband and I applied our learning in our home and it relieved so much stress. My children are so much happier and appreciate (take care of) their toys as well. We have even applied the principle to our own adult life. What a blessing this book has been. I highly recommend this book to every parent.

Arrived quickly! I would recommend this book for all parents, just to make them aware of the fast-paced environment we live in and give them some awareness of simple ways to make things less busy and crazy for their children.

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