

# Peaceful Bonds

A WORKSHOP THAT FOCUSES ON YOUR  
RELATIONSHIP WITH YOUR CHILD!

**This workshop is designed for you, if you aspire to:**

- establish a **resilient and harmonious relationship** with your child
- **respond** to your child's behaviour in a manner that **deepens your relationship**, instead of creating distance
- connect to your child by understanding their **needs and abilities**

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## Key topics include:

- Exploring **attachment** styles and background, as foundations of any relationships
- Gaining deeper insights into your **child's perspective**
- Strengthening your **bonds** through:
  - **'holding' their emotions** during emotionally challenging situations
  - shifting from a problem-solving response to an **empathy-based approach**
  - expressing love effectively through understanding **love languages**
  - engaging in **meaningful play** for connection

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As a mother, one of the constant feelings we all have is the “whether I'm doing well enough”. While this workshop may not erase such doubts entirely, I will share invaluable tools and mindsets, if you integrate into your daily life, you can foster a profound and enduring connection with your child.

This workshop welcomes parents with children of any age. Whether you are preparing for the journey ahead with a younger child or seeking to deepen your bond with an older one, it's never too late to enrich your relationship.