

## **ENHANCE YOUR CHILD'S HEALTH AND WELLBEING WITH YOUR STYLE OF PARENTING**

Parenting builds the basic perspective of how a child interacts with the world and views themselves throughout their entire life. You don't want to be making the mistake which thousands of other parents are unfortunately making.

Parenting with a style of yelling, threatening and punishments create a negative blueprint in the child's head.

Leading to the shutting off or weakening of the part of the brain that carries out executive function activity like resolving conflict, task initiation, concentration, organization, empathy for others, etc.

A lot of times parents do this unknowingly because it's pushed on from things like: culture, habits learnt from parents, etc.

On the other hand, parenting with the style of emotional bonding, empathy, responsiveness, play, parent & child openly talking about boundaries. Leads to a healthy foundation for decision-making, relationships and better health and wellbeing for the child.

It also helps you build a trusting and respectful relationship with better understanding between you and your little one(s)

As parents we want the best for our children, we want them to be in their best health.

I help parents build the best blueprint tailored based on the characteristics of their child so they can stay in their best health.

If you relate to the examples I stated above, I highly suggest you book a free call with me to get a better understanding on how to build up a good basic perspective in your child's brain.

"A mother's arms and a father's guidance are a child's refuge in life's storms."

Regards,  
EK coaching