



50 WAYS OF

Gentle Parenting

NURTURING OUR CHILDREN
WITH LOVE AND KINDNESS



MRIDULA PRAVEEN





Introduction

Welcome to a world of gentle parenting, where love and understanding guide your journey as a parent. This book offers you 50 unique ways to foster a nurturing environment for your children, allowing them to grow and thrive. Each approach is supported by a relevant quote and accompanied by an example or scenario to help you understand how to apply it in real life.

Let's embark on this beautiful adventure together!





About the Author

Ms.Mridula Praveen is a passionate advocate of gentle parenting, brings a wealth of experience and expertise to the field. With a diverse background as a School Director and Principal and Technology Engineer, she has a unique perspective on nurturing children's growth and development.



As a mother herself, Ms.Mridula understands the joys and challenges of raising a child firsthand. However, her impact extends beyond her biological child, as she has nurtured and guided hundreds of children during her tenure as a school principal. This invaluable experience has given her deep insights into the various aspects of child psychology and development.

The author is a staunch defender of play-based natural learning, recognizing the importance of allowing children to explore and discover the world around them at their own pace. Furthermore, her belief in mindful conscious parenting underscores her commitment to fostering strong parent-child connections and nurturing healthy emotional development.

Drawing on her rich experiences and passion for gentle parenting, the author presents a valuable resource that combines practical advice, research-based insights, and heartfelt anecdotes to empower parents on their parenting journey.





Gratitude

I would like to express my heartfelt gratitude for the immense support and love that has surrounded the creation of this book on gentle parenting. First and foremost, I am deeply grateful to the almighty for guiding me on this journey and granting me the wisdom and inspiration to share my knowledge and experiences.

I am incredibly thankful to my husband, whose unwavering support and encouragement have been the driving force behind this endeavor. His belief in my vision and dedication has been a constant source of strength.

A special mention goes to our daughter, who has taught me the true meaning of unconditional love and has been my greatest teacher in the realm of gentle parenting. Her presence in my life has been a constant reminder of the importance of nurturing and empathetic relationships.

I am grateful to Craft World School and its Managing Trustee for providing me with the platform and resources to implement my vision of play-based learning and mindful conscious parenting. Their commitment to holistic education has been instrumental in shaping my ideas.

Last but not least, my heartfelt thanks go out to the parents and children whose journeys I have had the privilege of being a part of. Their trust and willingness to embrace gentle parenting principles have been a source of inspiration and affirmation.

To all those who have contributed in their own unique ways, I am truly grateful for your presence and support, and I hope this book serves as a guide to create harmonious and nurturing relationships with our children.

Love & Light,
Mridula Praveen





*Fifty years from now,
it will not matter
what kind of car you drove,
what kind of house you lived in,
how much was in your bank account, nor
what your clothes looked like but the
world may be a little bit better because
YOU were important
in the life of a CHILD.*



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