

# INSPIRED PARENTING



## **TURN 'TIME OUT INTO TIME IN'™ -** **PARENTS URGED.**

**Los Angeles, CA July 9, 2008 -** Traditional 'time out' is not working, according to, Sandra Sedgbeer, the Editor-in-Chief of new parenting magazine 'Inspired Parenting' and a child advocate. Sedgbeer has united with CEO of CosmiKids, Judy Julin and together they are on a mission to improve parenting skills and end childhood stress. Armed with the latest research on emotional intelligence, they are advocating 'time in', among other things, as a new approach to dealing with children who misbehave.

Julin and Sedgbeer are dismayed by the growth in childhood depression, obesity and suicide, along with the alarming increase in behavioral problems and violence among children. They are among a growing number of child development specialists and educators who are arguing that today's teens no longer know how to handle their feelings, control their anger, relate to peers or authority figures or have the resilience to weather life's ups and downs. "If we don't take steps now to relieve the stress on today's children," counsels Sedgbeer, "they will be woefully

underequipped to deal with life in the 21<sup>st</sup> Century. That's going to have a real impact on society."

### **'TIME OUT' BECOMES 'TIME IN'**



Sedgbeer and Julin have developed a revolutionary curriculum based on the latest research on emotional intelligence and its impact on child development and behavior that's proving a lifeline for parents eager to start teaching these essential life skills to children as early as possible. "'Time In' instead of 'Time Out' is just one example", says Sedgbeer. "While you may not love the behavior your child is exhibiting, it is important for them to know they are loved and get a sense of how to respond to their own feelings."

Sedgbeer suggests:

1. *Create a comfort corner with special soothing items where they can retreat when they need quiet time to calm themselves down*
2. *Deal with tantrums by stopping their body and gently placing your hand on them.*
3. *Use calming words like, "Mama needs to stop your body, we need to sit and quiet ourselves for a few moments."*
4. *Bring the child into your lap and talk to them in a calm voice as to why their behavior is NOT acceptable to you and the family.*
5. *Sit quietly and say, "Let's take a few breaths together and quiet our bodies."*
6. *Use the age of the child to assess how long you should sit together for - two minutes for a two year old, four minutes for a four year old, etc.*

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Other tips include....

## Dealing with aggressive behavior

All children hit others at some point. While this is frustrating for the parent, it also provides a perfect opportunity to model Inspired Parenting techniques.

1. *First, physically remove them from the situation saying: "Wow you seem really out of control of your body, Mama is going to move your body."*
2. *Kneel down at their level and say something like: "Oh, we do not hit our friends, we use kind gentle hands."*
3. *Next, narrate their feelings for them: "I see you are feeling very frustrated because Erin took your truck, but it's never ok with me for you to hit anyone's body."*
4. *"Look at Erin, how is she feeling? That's right, she's sad. It makes our friends sad when we hit their bodies."*
5. *Then, with your child in your lap, walk them through relaxing their body.*

## MULTI-PRONGED STRATEGY

Julin and Sedgbeer have developed a multi-pronged strategy to deliver their curriculum direct to families, where they and experts claim it is so urgently needed. What's more, mothers across the country are getting on board. Their unique offerings include:



- Revolutionary state of the art enrichment/play-centers located in malls and retail locations.



- A FREE innovative magazine that is receiving great acclaim

from professionals, filled with thoroughly researched articles from leading experts in the child development field.

- An entertaining weekly radio show combining interviews with celebrity parents and world renowned parenting and child development experts.



- And in an ingenious twist on the old 'Tupperware Party' model – Inspired Parenting Playgroups. These 'Play Dates with Purpose'™, which comprise fun games and activities, and are based on research from the fields of social neuroscience and early childhood development, are specifically designed to develop confidence, resilience, empathy, compassion and emotional intelligence. Moms love them because they provide new and immediately useful tools, methods and practical strategies for communicating and interacting with their children while giving them a chance to earn some money from home.

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Sedgbeer, editor in chief of Inspired Parenting Magazine™ and a grandmother herself believes we are fast reaching crisis point. “Today’s children face far more pressures than previous generations. Their world is supersaturated, over-scheduled and incredibly stressful. Studies show they are coming to school more anxious, depressed, defensive and impulsive than they have ever been before. While academics and athletics are important, they also desperately need time just to be kids. They need that good old fashioned circle of caring, which includes time to play and time to interact with their families in a stable environment surrounded by loving attentive adults. These things are critical in building the foundation for emotional intelligence. Renowned experts such as New York Times bestseller Daniel Goleman, Linda Lantieri, a leading educator and authority on emotional intelligence, and Matt Damon’s mom, child development expert, Nancy Carlsson-Paige, author of *Taking Back Childhood*, agree that Emotional Intelligence is

one of *the* most crucial elements of a successful life.

Julin, the founder and CEO of CosmiKids™ adds: “We see an urgent need to provide moms and families in the US and worldwide with the tools they need to educate themselves and their children in the components of emotional intelligence. The response to the work we are doing has been incredible. Parents are hungry for information, practical tools and strategies for communicating with their kids in ways that build all the elements of emotional IQ and human potential. And kids simply want a safe, nurturing place where they can play, have fun and just be free to be themselves.”

## **ABOUT JUDY JULIN**



*Judy Julin is an entrepreneur and founder of CosmiKids with a rich background in developing multi-platform businesses, enrichment programs and play-centers for children. She and Sedgbeer are co-creators of Inspired Parenting Groups™.*

## **ABOUT SANDRA SEDGBEER**



*Sandra is a British author, publisher and child advocate with decades of experience in helping parents develop better relationships with each other and their children. She is the author of several books including *The Single Parent’s Survival Guide*, the publisher of the internationally read *Children of the New Earth Magazine*, and Editor in Chief of *Inspired Parenting Magazine*.*

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