



CALM PARENTS CONNECTED CHILDREN

Unlocking
the Secrets
of Happy and
Mindful
Parenting

Parenting
Well-Being Sessions by
Reena Chopra
Child Psychologist

WHY PARENTAL WELL-BEING IS IMPORTANT?

Parenting today is more complex than ever and comes with unique challenges such as:



Screen Time Management



Balancing Work and Family



Encouraging Emotional Sharing



Navigating Time Constraints



Dealing with FOMO (Fear of Missing Out)



Bridging Communication Gaps



Building Patience

Given these challenges, parenting should be seen as a skill that can be developed over time, much like personal growth.



Reena Chopra
Child Psychologist

About Reena Chopra

As a seasoned psychologist and mother of a preschooler and a teenager, Reena Chopra brings a unique blend of professional knowledge and real-world parenting experience.

Reena's Approach

Reena combines professional insight with her own parenting experience to offer a holistic view of psychological well-being. She supports parents in managing stress, enhancing communication, and fostering strong family relationships through compassionate, practical guidance.

Credentials

- Mother to a teenager and a preschooler
- Holds a certification in child psychology
- Over 15 years in corporate settings
- A decade of experience working with mothers, from toddlers to teens
- Deep knowledge of today's parenting challenges, mental stress, and balancing family life

Our Solution:

Just as physical health is vital, effective parenting strategies are crucial for Children's Holistic Growth and Emotional Health of Parents. And to cater to this, we have curated a thoughtful.

Parenting Well-Being Sessions offer:

- Practical tools and strategies
- Scientifically supported methods
- Focus on improving communication
- Techniques to build patience
- Strategies for fostering emotional awareness

This nurturing approach creates a supportive home environment where children can thrive emotionally, mentally, and socially.

Vision

Empowered Mothers, Resilient Families

We envision a world where every mother practice mindful parenting, fostering emotionally strong children and vibrant communities.

Mission

Transforming Lives Through Parenting

We aim to empower 100,000 mothers with modern parenting tools for self-awareness, emotional regulation, and effective communication, creating nurturing families rooted in compassion and resilience.

What We Offer in the Parent Well-being Session

- **The Neuroscience of Parenting**
Insights into how parental emotions impact children's cognitive development.
- **Stress Management for Parents**
To maintain a calm, positive environment at home.
- **Communication Skills**
Explore practical techniques to strengthen parent-child connections and enhance family relationships.
- **Empowerment Through Mindful Parenting**
Discover tools that reduce anxiety and empower both parent and child.
- **Emotional Intelligence & Resilienc Building**
For both parents and children to navigate life's challenges with confidence.

Benefits for Schools

A parent's emotional well-being is closely linked to their child's learning and educational journey. Responsible schools can lay the foundation for;

Supportive Community:

Position your school as a center for both academic and family well-being.

Enhanced Student Performance:

Students flourish academically and emotionally in a harmonious home environment.

Collaborative Learning:

Engage parents as active participants in their child's development, aligning with your school's educational values.

Awards & Achievements



Featured On



Contact Us to Schedule a Session

Help us Create A Nurturing Environment
Where Parents And Children Can Thrive Together

 wecare@saarholisticwellness.com
 saarholisticwellness.com



81460 17000