

Principal/PTA Book Club

Feeling over scheduled? overwhelmed? frazzled? Wishing you could get back to a calmer, happier you...raising calm, secure, happy children? Join **The PTA Book Club** on Wednesday, November 30th at 7:30pm for a discussion of our latest pick:

Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids

[Kim John Payne \(Author\)](#), [Lisa M. Ross \(Author\)](#)
[4.8 out of 5 stars](#)

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**if you order a copy of the book through www.boxtops4education.com by going to the marketplace and ordering through Barnes & Noble, our school will receive eBoxTops!!!*
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From Publishers Weekly

Waldorf educator and consultant Payne teams up with writer Ross to present an antidote for children who are overscheduled and overwhelmed by too much information and a fast-paced consumer culture that threatens the pace and playful essence of childhood. Payne claims that a protective filter should surround childhood, rather than the competitive, stressful adult world that has encroached on childhood's boundaries, preventing kids from developing resiliency with a sense of ease and well-being. But Payne is not a doomsayer: he presents a wealth of practical ideas for reclaiming childhood and establishing family harmony. In chapters covering four levels of simplification—environment, rhythm, schedules and Filtering Out the Adult World—Payne explains how parents can tackle extraneous stuff and stimulation by reducing the mountain of toys, limiting scheduled activities, providing valuable downtime and employing such pressure valves as storytelling and periods of quiet. According to the authors, limiting choices and activities will lead to kids who are more secure and less stressed, and to parents whose days are calmer. With fewer choices, Payne explains, families have the freedom to appreciate things—and one another—more deeply. Though simplicity parenting may seem a stretch for some, others will find that Payne's program for restoring creative play, order and balance is long overdue. (*Sept.*)
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The PTA Book Club would like to send a special heartfelt thank you to Caroline Bock, OB parent and author for an exciting, stimulating and in-depth discussion of her must-read book, LIE, at our last book club meeting. Caroline-you are an inspiration!