

“TOO MUCH STUFF” CREATES STRESS FOR KIDS

Simplify Your Child's Life, says author & counselor

Family counselor Kim John Payne says that when he takes on a new client, he sometimes offers them a year of therapy or him spending just one day at their house.

“Many of today’s behavioral issues come from children having too much stuff . I’m there from breakfast to bedtime, I can help them simplify their routines and lives and very often the parents see an improvement their child’s behavior within days,” says Payne.

Payne asserts that many of today’s child behavior problems comes from TMS - Too Much Stuff.

“All children are quirky, that’s what makes them lovable, who they are. But these cumulative stresses slide those quirks along the behavior spectrum into disorders – the dreaded “Ds”. Simplicity Parenting is a way to slide the child back down the spectrum. They go from having a label back to being lovable and quirky.”

Payne has traveled through Asia and Africa helping families devastated by AIDS or war. He says children in western countries have many of the same stresses – but for the opposite reasons. “There is not a lot of difference between how kids over stressed are acting in parts of Asia and Africa.

“The children in the developing world often have had negative sensory overwhelm, and we give our children sensory overwhelm here – too many trinkets, too many choices, too much information – and this causes a cumulative stress issue in kids that leads to behavioural disorders.”

Payne will help parents at the talk create their own Simplicity Menu for their family , breaking it down into five layers: Simplify the environment (books, toys etc), meal times and food, schedules, information, and discipline.

Payne asks that parents see childhood as an unfolding experience, not an enrichment opportunity.

“If it is an enrichment opportunity, then we’re in an arms race, trying to get the most for our child. This is fundamentally a con, and not healthy. “

He adds that children respond well to this approach. “You choose whatever fits naturally in your family life. When a family simplifies, the kids love it. It’s not a battle. We think kids will put up resistance but they don’t; they like it. Many kids need a secretary to keep up with their schedule.

“It’s about warmth and being available. In simplifying parenting we get closer to our children, they no longer have to fight for our attention, everything becomes easier and it is actually achieved by doing less.

You can read more on his web site www.thechildtoday.com

KIM IS AVAILABLE FOR MEDIA INTERVIEWS – PLEASE CALL HIM AT 518 672 7777 OR EMAIL kim@thechildtoday.com TO ARRANGE A TIME