

Newsletter

Love

Universal Mom

JANUARY 2023

I am happy to announce I am finally writing my parenting book and it will be out in 2024. I just can't wait to share it with you how being conscious parent, modeling healthy behavior, can be so incredibly beneficial to your children.

**HELPING
CHILDREN AND
TEENS UNCOVER
THEIR TALENTS
THROUGH THE
ART OF WRITING**

WITH RUTH KLEIN



**HERE ARE A FEW OF THE MANY TIPS I
WILL BE SHARING IN THE BOOK.**

1. Take time to listen! Turn your focus away from your phone and actually look at your child while they speak to you. This makes your child feel important and loved, this alone can form their self-esteem.
2. Be intentional with your words. The good, the bad and the ugly, kids hear everything.
3. Mistakes are healthy and we all make them. Remind your children to learn the lessons and let go of the fear of mistakes.



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