

# intentional parenting

## A Journey to Authentic Parenting

Intentional Parenting is a three-month journey to assist you in discovering the values most important to your family that can be used as a beacon to guide your goals and actions.

**Intentional Parenting invites you to remember the best moments of your childhood as you desire and imagine a better future for your children.**

Details	Phases	Time	Outcomes
<b>Six</b> sessions to address parental support + strategies	<ul style="list-style-type: none"> <li>• Session I: Value Setting</li> <li>• Session II: Raising Humans</li> </ul>	Each individual session is 90 minutes with all parents	<ul style="list-style-type: none"> <li>• Develop Key Values + Resources</li> <li>• Understand Child Development</li> </ul>
<b>Three</b> Co-hort sessions serve as a place of support + community	<ul style="list-style-type: none"> <li>• Session III: Time as a Resource</li> <li>• Session IV: Space</li> </ul>	Each co-hort session is 90 minutes in a group setting	<ul style="list-style-type: none"> <li>• Reframe + Utilize Time and Efficiency</li> <li>• Understanding the Effects of Physical and Emotional Space</li> </ul>
<b>Two</b> Additional tailor-made parental support sessions	<ul style="list-style-type: none"> <li>• Session V: Outside World</li> <li>• Session VI: Relational Parenting</li> </ul>	The additional sessions are 45 minutes, covering parent-generated topics	<ul style="list-style-type: none"> <li>• Strategies for Dealing with Parental Peer Pressure</li> <li>• Develop Relational Practices</li> </ul>

### Brian D. Crisp

has served schools, universities, and churches across the United States, Italy, and Germany for over thirty years. His primary focus has always been on creating sustainable and just communities through a systems approach that examines individual, cultural, and structural dynamics.

### Michelle Meier

has been helping families find strength, joy, and connection through creative expression and community for over twenty years. Guided by the Reggio Approach and nature-based learning, her work nurtures parent-child relationships, encourages curiosity, and fosters a deep sense of belonging at home and in the world.