

# The Heartbeat of Family Life

Early childhood educators and authors Helle Heckman and Anne-Marie Fryer Wiboltt will each share their wisdom, offer practical suggestions, and show you how to use rhythm to enhance your family's relationships, health and celebrations. Helle, author of *Childhood's Garden: Shaping Everyday Life Around the Needs of Young Children*, has created *Nokken*, a true garden for young children in Copenhagen, Denmark. Anne-Marie, author of *Cooking for the Love of the World*, will bring insights and practices that can raise meal times and seasonal celebrations into opportunities to connect deeply with nature, the seasons, and one another.

## Schedule

9:00 a.m. *Singing*

9:30 ***Rhythm in the Life of the Child***, Helle Heckman, Keynote

11:00 *Workshops*

A. ***Protecting Childhood***, Helle Heckman

In this workshop, Helle will lead a discussion expanding on her morning lecture, helping participants explore how to protect childhood through rhythm and play.

B. ***Where do the Children Play?*** Mary O'Connell

We will view key segments of this documentary film distributed by the Alliance for Childhood. The film examines differences between growing up today, with all its obstacles and temptations, and childhood as it was lived 50 years ago. This will be followed by a short discussion.

C. ***The Nature Table - Bridging the Inner and Outer Worlds***, Jane Danner-Sustar

This workshop will explore how we can bring consciousness to seasonal rhythms in our homes and classrooms. We'll begin with a nature walk, followed by a simple handwork project as preparation for creating your own nature table.

12:00 *Lunch*

1:00 p.m. ***Rhythms in the Kitchen - Cooking as a Living Art***, Anne-Marie Fryer Wiboltt, Keynote

2:00 *Workshops*

A. ***Cooking for the Love of Children***, Anne-Marie Fryer Wiboltt

Anne-Marie will lead a discussion on what nourishes a child. She will offer ideas on how to create healthy meals at school and in the home as well as encourage children of all ages to create healthy eating habits. She will share how and why her kindergarten serves a full meal for all the children, including whole grains and fermented foods.

B. ***Steps to a Healthy Traditional Diet***, Paula Siegmann from "Back to the Best" Farm

Our modern Western diet is not the best for our family's health. We will discuss Sally Fallon's book, *Nourishing Traditions*, based on Weston Price's "steps to a healthier traditional diet." This workshop is for anyone who has read this book and wonders how to incorporate its suggestions, or those who are just intrigued by the idea of a healthier diet for their family.

C. ***Honoring the Rhythm of the Season with Holiday Traditions***, Jaimmie Stugard

We'll discuss the joy of forming simple, wholesome holiday traditions that nourish our souls, even as our culture compels us to hurry up and consume.

3:00 *Thank you for coming!*

## *Working with Rhythm: The Heartbeat of Family Life Registration*

Name \_\_\_\_\_ Relation to LifeWays if any: \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone(s) \_\_\_\_\_ Email \_\_\_\_\_

Morning Workshop \_\_\_\_\_ Afternoon Workshop \_\_\_\_\_ Fee enclosed (\$50 by Oct. 15; \$60 after that) \_\_\_\_\_

Checks to Great Lakes Teacher Training and mailed to GLTT c/o Lori Barian, W2811 Friemoth Rd., East Troy, WI 53120.

*Co-sponsored by LifeWays North America & Great Lakes Teacher Training*

*Working with Rhythm*

*Saturday, November 7, 2009*

*Milwaukee Friends Meeting House  
3224 N. Gordon Place, Milwaukee, WI 53212*