

# **New Parenting Interview Series “Enlightened Parents, Empowered Kids” Helps Parents Raise Emotionally Healthy Kids**



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CHICAGO, IL -- JANUARY 29, 2010 – I Shine, which offers character building and self-esteem programs for children and conscious parenting programs for adults, announces the release of its free expert parenting interview series "Enlightened Parents, Empowered Kids". The new interview series offers tips and strategies from top parenting experts to help parents nurture the healthy development of their children and better manage common parenting concerns.

“This interview series is for parents looking for simple strategies they can use immediately to address everyday parenting concerns,” said Jill Hope, founder of I Shine. “It provides valuable information on how to develop healthy habits in children and avoid common parenting mistakes. The tips and techniques shared by our experts will help to ensure that our children develop the skills they need to grow into emotionally healthy adults.”

Highlights from “Enlightened Parents, Empowered Kids” include:

- Cultivating a “Giving” Mindset and Prosperity Consciousness in our children
- Building Inner Strength and Resilience in Your Kids
- Helping Your Kids Manage Stress, Anxiety, and Anger

To gain access to this free interview series, visit [www.ishinekids.com/empoweredparenting](http://www.ishinekids.com/empoweredparenting)

### **About I Shine**

Founded in 2008, I Shine ([www.ishinekids.com](http://www.ishinekids.com)) helps parents around the globe cultivate the mindset necessary to be conscious and positive in their parenting approach and raise emotionally healthy, empowered kids. Owner Jill Hope has designed and developed several unique and innovative programs that focus on teaching parents how to foster self-esteem and build character in their kids. Her free weekly e-newsletter provides tips and resources for conscious parenting, and has become one of the top parenting newsletters on the internet.

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