



Hannah + Kelty of Upbringing

Parent Coaches & Speakers

Educating caregivers worldwide in learning consent-based, research-informed strategies that support kids' challenging behaviors. Join us to feel less anxiety + shame and more clarity + confidence in your caregiving.

Let's show up + grow up!



www.upbringing.co



[@upbringing.co](https://www.instagram.com/upbringing.co)



info@upbringing.co



503-516-2228

EDUCATION / TRAINING

Certified Positive Discipline Parent Educator (CPDPE)

Certified Simplicity Parenting Family Life Coach (SPFLC)

Foundations of Non-Violent Communication (NVC)

RIE Foundations Theory & Observation Intensive Training

Graduates of Stanford University '05 (BA)

CLIENTS/COLLABORATIONS INCLUDE

Mops International (TX)

Portland Montessori Collaborative (OR)

Sophia's Hearth Waldorf (NH)

Rose Charlin Coop Nursery (CA)

Nourish Early Learning Center (OH)

Parenting Forward Worldwide Conference

Mother Magazine (NY)

Tula

Lovevery

Pom Pom Social



RAISING BEST ENEMIES

Mediate Sibling Conflict with Calm, Confidence + Connection

SHOW UP & GROW UP

Master The Magic of Improv to Overcome Daily Drama With Kids

JOIN THE CONFLICT REVOLUTION

Transform Daily Drama Into Familial + Collective Growth

PARENT FOR SANITY & SOCIAL CHANGE

Align Your Values With Your Parenting Practices

LET GO TO LET GROW

Reduce Kids' Daily Resistance + Increase Their Cooperation

HONOR PERSONAL BOUNDARIES

Co-create a Respectful Culture of Consent at Home

THE FREEDOM TO FEEL

Support Kids' Big Feelings + Bodies to Promote Resilience

EACH PRESENTATION INCLUDES:

- Corresponding info-graphic presentation slides for reference
- 20-page Guide: 10 keys to reduce power struggles, build social + emotional skills
- Printable Quick Reference PDF: Helpful Mantras & Phrasing on the related topic
- Invitation to join The Upbringing Collective, our coaching + community membership

TESTIMONIALS

“Upbringing’s speaking is thought-provoking, humbling, and inspiring. These mamas have mastered the art of being vulnerable, knowledgeable and relatable.”

“Hannah + Kelty (and their beautiful materials!) were dynamic, informative and non-shaming. Our school plans to have Upbringing back quarterly to support our parents and staff!”

“Listen and learn! This should be required content for anyone who interacts with children. Families, educators, healthcare workers... such an important perspective on relationships.”

“This Mama Club never knew talking about tantrums and bedtime resistance could be so dang fun and uplifting! It’s official- we’re all Upbringing converts.”

BOOK A SPEAKING EVENT WITH US TODAY!

EMAIL:

INFO@UPBRINGING.CO

