

Have you ever considered how your child's spirit can be nurtured through divorce? I have. I think about this everyday and in every divorced parenting situation that I face. Through mindful awareness and conscious action I am choosing a new way of thinking; a thinking that listens more to my heart than to the divorced chatter in my mind. I am nurturing my child's spirit through divorce and I'm here to encourage other parents, "If I can do it, you can too." ~ Ellen

Ellen's vision • Our children are begging us: it's time for a new divorce. As a mom who's walked the path, Ellen guides others who are seeking this new mindful path of divorced parenting. By using her *Pro-Child Way*® method, parents stop reacting to their ex in *The Old Way* and instead choose to raise their child *The Pro-Child Way*®. By learning to recognize, and then transform their own fear, parents can save their child from the effects of the typical divorce and nurture their child's spirit through the process.

The Foundation of The Pro-Child Way® • What does a child need? A child needs love, patience, kindness, consistency, and consideration. A child needs safety and peace. These are not reserved just for children who are a part of intact families. These are not reserved for children whose parents are going through a "friendly divorce." Every child's soul deserves this. *The Pro-Child Way*® stresses that divorce is an opportunity for a parent to transform both his/her own life and to consciously create a new experience for the child. In reminding parents of their own inner power, children can experience these nurturing qualities - with or without the other parent's agreement. These nurturing principles are the foundation of the *Pro-Child Way*®.



The Steps of The Pro-Child Way® • When the child is present, every interaction involving an ex is an opportunity to demonstrate love to a child. It's each parent's choice. As a divorced parent, your ex can't force a smile off of your face. Your ex can't force you to use irate language and tone. Your ex can't force you to engage in an unreasonable exchange. Your ex can't make you be sarcastic or angry.

You can smile. You can stay calm. You can walk away. You can take time to develop the right response.

Not reacting to the divorce is a learned, mindful practice, but your child is worth it.

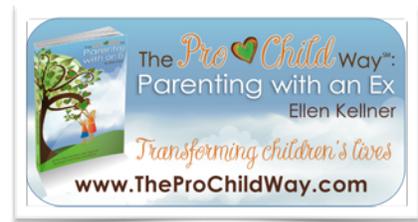
Step 1: Acknowledge the *Old Way* and recognize what you are not going to do.

Step 2: Allow the sensation of "not knowing" to surround you; opening you to heart centered possibilities.

Step 3: Through mindful eyes towards your child's future, discern *The Pro-Child* response.

Step 4: With conviction and open-heartedness create your child's experience.

The Process of The Pro-Child Way® • How does a parent transition from divorce reactive to child-centered responsive? Through conviction, through mindfulness practice, and through smiles. While it is our inherent nature to be loving and nurturing to our children, it takes a fierceness of conviction to uncover this trampled part after divorce takes its toll. Layers of anger, fear, and sadness must be fully felt, allowing their grip to release. Through both guided and silent meditation the transformation begins. Through visualizations, the impact of choices can be seen. Through smiles, the body gets the message that a new way of being is here. Through reading and determination, new thoughts emerge. Ellen, through her work, leads parents through this process in an environment that is safe, nurturing, and fully compassionate. As a mom who has been through divorce twice, she brings an authenticity to this challenging path.



About Ellen • Mindful thinker and author, Ellen Kellner, guides parents through *The Pro-Child Way*® of nurturing their child's spirit through her intuition, discernment, and experience.

Her *Pro-Child* approach to divorce is the result of her own personal journey into mindful divorced parenting. Twice divorced, her two daughters are blessed to have a mom who is rooted in the conviction that good parenting skills are absolute and are not corrupted by marital status. Ellen's "tell-it-like-it-is" style is not steered by research studies or academic learning, but by her hands on approach. With each new divorced parenting situation, she takes the time to figure it out, tapping into the universal truths of love. It was her daughters' smiles that inspired her to write *The Pro Child Way*®: *Parenting with an Ex*.



Ellen's *Pro-Child* message and techniques have been seen in print, on the web, and heard on radio and discussed in personal and group workshop sessions. As an Expert with the National Association of Divorce for Women and Children and a contributor to *Cutting Edge Law*, she inspires other divorced parents and law professionals to nurture the child's spirit through divorce.

Through her book, *The Pro Child Way*®: *Parenting with an Ex*, Ellen shares her *Pro-Child* tactics with parents who are looking for a conscientious method to divorced parenting. A graduate of The American University and a Usui Reiki Master Teacher, Ellen continues to study, learn, and broaden her awareness about our greater spiritual existence and how that applies to all of our relationships; including the relationship with an ex and fostering what a child needs - love, patience, kindness, consistency, and consideration. All of Ellen's work can be found at her site: www.ANewDivorce.com.

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