



We are delighted that Helena Bonham Carter and Tim Burton are so willing to share with others what brought them to “Calmer, Easier, Happier Parenting”. Read what results they have been getting from putting our parenting skills into practice.

Extracts from Helena Bonham Carter’s recent press coverage:

Helena Bonham Carter’s kids are “lapping up” the new parenting skills she’s learned since taking classes

The actress has a son Billy, seven, and two-year-old daughter Nell with her partner Tim Burton. She recently admitted she has been having lessons on raising children as she finds it hard to juggle her acting career and home life.

In 2010 she was able to limit her actual time on movie sets so she could focus on the parenting class she’s taking back home in London.

Bonham Carter said that on her home front, she found instinct wasn’t enough when it came to parenting. The actress said she grew weary of “becoming this policewoman, this negative being and nagger” when dealing with her children, especially her son, so she sought out some therapeutic assistance of her own.

“The parenting bit is much harder than the acting bit,” Bonham Carter said. “You just never know what to do. The parenting class has been really useful.”

What did she take away from the experience?

“There are some basics that are so helpful. Every child knows what they want; it’s our job to tell them what they need. There’s a liberalism that we’ve sort of just plodded with; it’s not a good idea to ask them what they want to do. A lot of times they don’t want the choices, they can be overwhelming. It’s not your job to know everything; it’s your job to get them to answer questions for themselves. You don’t need to be omniscient. Your job is to be a teacher and a trainer.”

Helena finds it incredibly helpful to be around other mothers and fathers who have found parenting difficult, as she used to think it was only her.

The 44-year-old explained she's realised she needs to help her kids deal with life by teaching them lessons. She's also become more decisive, which they have adapted to well.

"You learn these skills and there are three main ones: Descriptive praise, preparing for success and reflective listening. Descriptive praise *really* works. It's not evaluative — 'you're doing great, well done' — instead it's praising, with real precision, the absence of negative behavior. I've got a real problem with whining, for instance, so when Billy isn't whining I say, 'You're not whining, that's really helpful.' You give them positive attention and then they start to crave it. The key is to get out of the parenting habit of rewarding bad behavior with attention. When they are naughty, you actually turn away, and they realise very quickly that to get your time and engagement they need to do something different. It absolutely works. Billy is lapping it up. And as a parent, you become happier because you're observing all these good things about your child, if you're being specific about what they've done.

Bonham Carter reports she's actually having fun at the classes. Considering this is a woman who got to star in the coolest movie of the year, that's saying something!

If you would like to find out more about our "Calmer, Easier, Happier Parenting" courses, please ring Noel or Gillian on **020 7794 0321**.