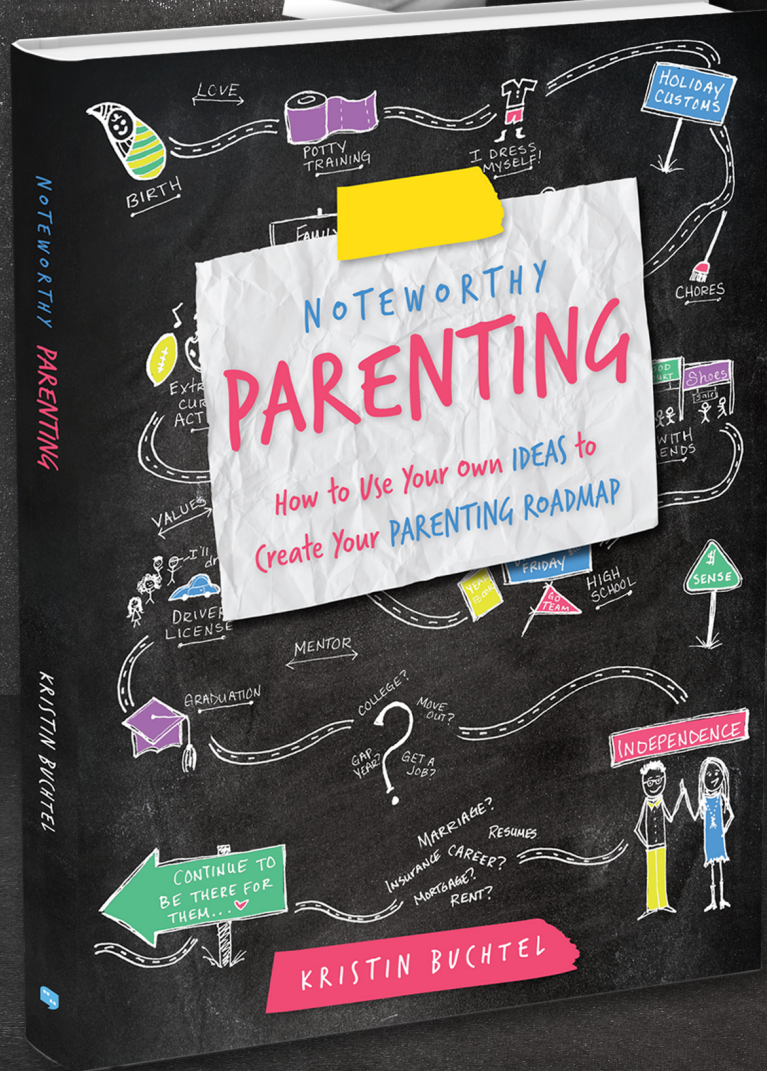




Kristin  
Buchtel



NOTEWORTHY  
PARENTING

Mother. Teacher. Author.

# Q & A

with  
**Kristin Buchtel**

author of



## NOTEWORTHY **PARENTING**

How to Use Your own IDEAS to  
Create Your PARENTING ROADMAP



### **AUTHOR:**

**NOTEWORTHY PARENTING:**  
*How to Use Your Own IDEAS to  
Create Your Parenting Roadmap*

**NOTEWORTHY PARENTING  
ROADMAP:** *A Companion Journal  
to Note Your Best Parenting IDEAS*

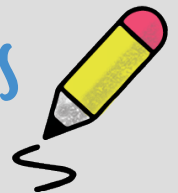
### **FOUNDER:**

The Noteworthy Parenting  
Platform

## Who is **Kristin Buchtel?**

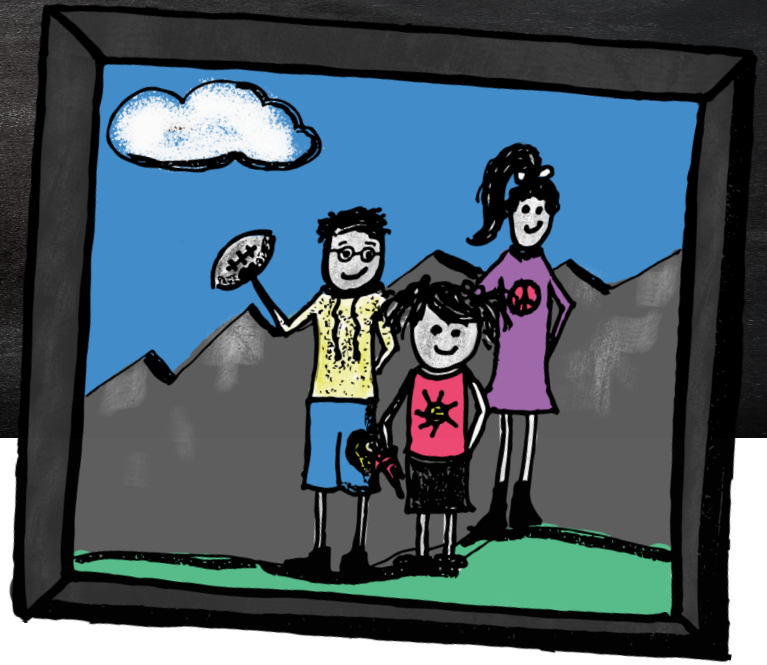
I am Kristin Buchtel, author and creator of the Noteworthy Parenting Platform, who empowers parents to let go of perfection, write their own parenting plan, and get on the same page as a family.

### Interesting Facts



- Mother of 4 adult kids, with one grandson.
- Master's degree in Elementary Education.
- Elementary Teacher for over 10 years, and recipient of two district values awards.

# Sample Interview Questions



## Tell us about yourself.

- I am the oldest of 5 kids, who are spread out over seventeen years. My husband and I have four young adult kids, and a grandson. I am lucky to spend a lot of time around kids and families. I also understand the hardships of being a parent. There is a lot of anxiety as parents feel they are supposed to rely on instincts to parent, but society and technology keep changing the family landscape. We felt we were constantly pioneering new rules and solutions, and could not just rely on instincts. As I was studying to earn my masters in elementary education, I realized the value of planning ahead for teachers and decided to try it out for parenting and it was the most valuable resource we had for raising our kids. A plan.

## Give a brief description of your book.

- They say there is no instruction manual for parenting, but I would like to think that this book is a step in that direction. The book is a guide for parents to use as they look to create their own systems and goals for their family.

## What inspired you to write this book?

- As the oldest of our four kids was approaching her teen years, my husband and I began to worry about what our systems, rules and goals should be. On a family road trip, we began talking and writing down our parenting plans. Occasionally we would mention this parenting notebook to friends and family, and they were curious to see the plan and create one for themselves. There is a need out there for parents and we wanted to share how valuable it is to create a plan that works for your family.



## Q & A

### More Sample Questions

The format of the *NOTEWORTHY PARENTING* book is unique, talk with us about some of the features of your book.

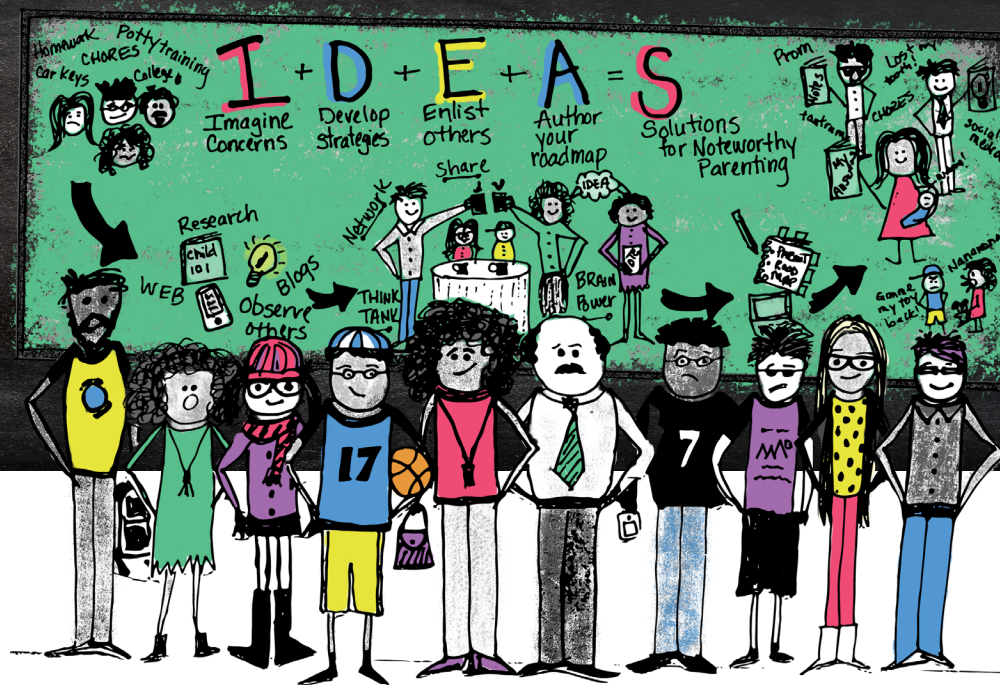
- There are over 90 sketches in the book. They say a picture is worth a thousand words, and the sketches add to the content in order to make the book a fun and yet faster read for busy parents.
- I encourage parents to actively read the book with a pen and a highlighter. This way as they come across helpful information or as they get ideas of their own, they can take notes. There are even blank note taking pages for them to write on.
- Routines, rules and consequences.
- There are Food For Thought Exits. These are like side bars of my experiences as a parent, or resource for parents.

### What makes parenting so hard today?

- The ever-changing technology and social climate, keeps parents to scrambling to keep up.

### Why should parents create a plan?

- It helps them manage social and technological changes.
- It prepares parents for the stages ahead.
- It helps keep things consistent as needed for siblings.
- It helps parents meet goals that they have for their families such as a special trip, or running a race, or volunteering for a charity.
- It helps parents talk about how they want to parent and get on the same page which keeps the kids see the unity in the decisions and systems within the family.



## How do parents use the acronym **IDEAS** to begin their plan?

**I**MAGINE CONCERNS: Helps parents nail down issues that they are worrying about as well as the goals they want to achieve.

**D**EVELOP STRATEGIES: This is where parents take the best parenting advice and solutions they have created, and merge them into their unique strategy or plan.

**E**NLIST OTHERS: Discusses value of a parenting network.

**A**UTHOR YOUR ROADMAP: Write your plans in the best, easiest way that makes the plan useful to you.

**S**OLUTIONS: Use your solutions. Tweak and update them as needed.

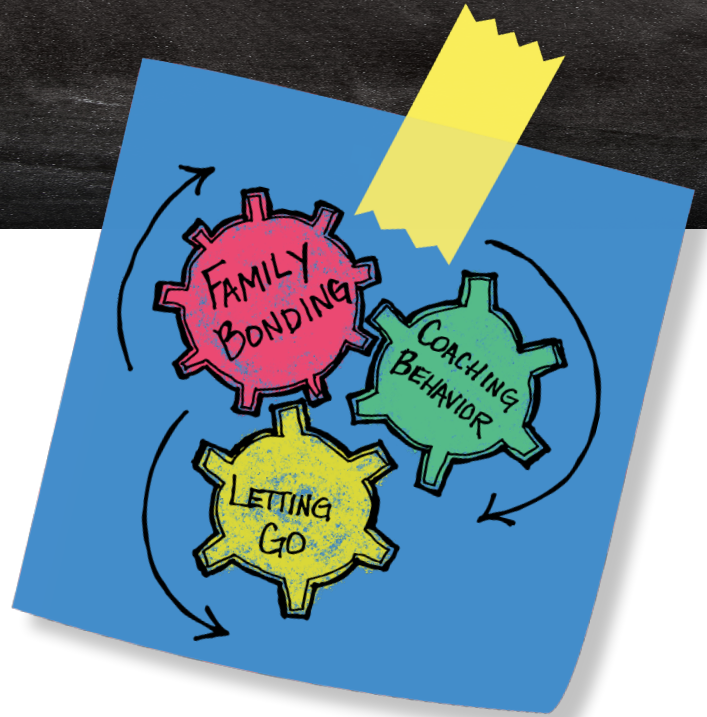
## What is a parenting network?

- These are the people in your family or groups of friends who are parenting along side you. Parents who you can lean on for help. These parents can also gain insights from you, and this elevates everyone's parenting.
- I like to say that parenting is not about keeping up with the Joneses, but rather, teaming up with the Joneses.

# Additional Questions

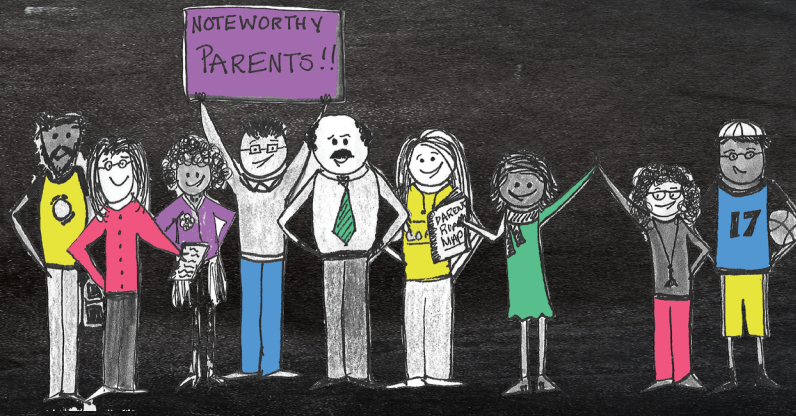
In the book you talk about the three gears of parenting, what are they and how do they tie into creating a parenting plan?

- The three gears are:
  - Family Bonding
  - Coaching Behaviors
  - Letting go
- Parents often times think of parenting as separate activities and roles, but I like to share how all the gears and rolls of parents work together like the cogs in a clock. For example, strong family bonds help kids trust and respect the rules as parents coach their behaviors, which in turn matures kids into independence, represented by the letting go gear.



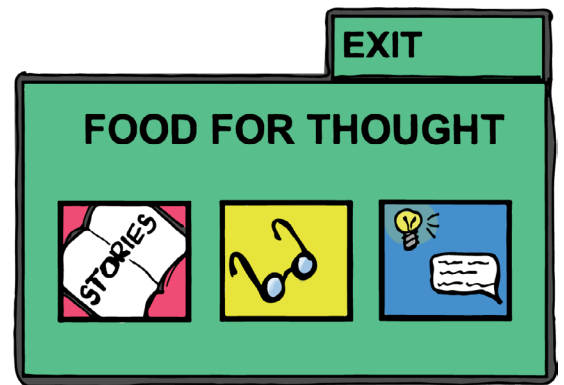
What are some topics you think parents should be planning for?

- Technology. It changes rapidly and parents need to always be on top of this one.
- Hard talks. Sex, drugs and alcohol, bullying, and that list goes on!
- Teaching kids' money management.
- Chores and adulting.
- Cultural traditions and religious beliefs they may have.
- Routines, rules and consequences.
- Family goals. Things like a once in a lifetime trip. What family bonding or fun goals do you want to do before the kids grow up and move out?



In the book you have Food For Thought Exits, similar to sidebars, what are these and can you share one of your favorites?

- Food For Thought Exits are pit stops in which I share examples of how a strategy relates to the real world or to an experience from my parenting.
- One of my favorites is Borrowing or Stealing? This is a story about my teenage daughter wearing my clothes and leaving me constantly trying to find them.
- Another one is Chores. I admit in this one my inability to create the perfect chores system but list off all my failed attempts. My problem? Lack of consistency.



Tell us about the *NOTEWORTHY PARENTING ROADMAP*, the Companion Journal to the book.

- I created the companion journal so parents could get begin right away with a book that is already set up by age and other useful categories.

What do your husband and kids think about the book?

- My husband wanted me to write this book years before I started it. He has been my biggest cheerleader throughout this process! The kids have helped critique my sketches and stories throughout the project. They are the subjects of many of the stories and have been extremely supportive.

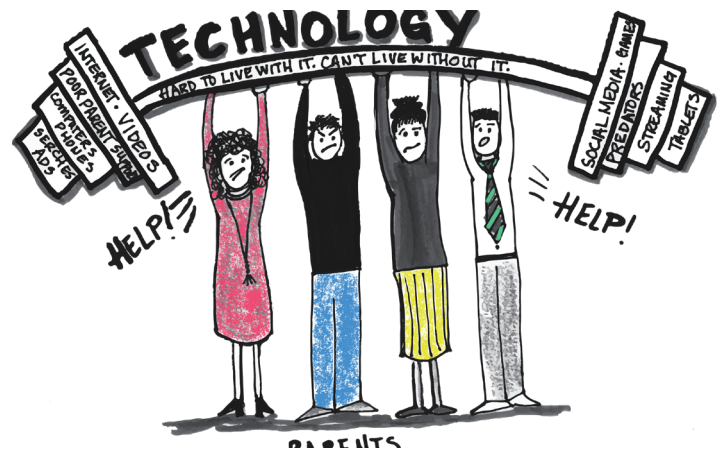
# Final Questions

## What was the hardest issue to parent for you?

- Technology. Technology as it changed so rapidly, and required constant monitoring.

## What surprised you the most about parenting?

I expected the teen years to be difficult and miserable, when actually I really enjoyed those years just as much if not more than the younger years.



## Tell me about your online platform and how it helps parents.

- I write and share content that does not tell parents how they should parent, but plants seeds for them to consider as they are creating their parenting notes. I am active on Facebook, and Instagram. My blog can be found at [NoteworthyParenting.com](http://NoteworthyParenting.com)

## What big takeaway do you want to leave the audience with?

- Parenting is hard but can be made much easier and more fun by creating a plan. Parenting is not about perfection. It's about the power in your plan.





# What Are They Saying?

## Book Testimonials

"As a former superintendent of schools, I think this book provides parents with an easy to follow roadmap to assist them with their parenting skills. I highly recommend this book!"

-AMAZON CUSTOMER

"My husband and I have found this to be the MOST helpful parenting book out there! It puts the control in your hands and helps you to figure out what customizations you can do for YOUR family." Each child and family is different, and this book really captures that part of parenthood. We will be recommending this book to all of our parent friends and family!" - K. BENSON

The author does an excellent job of discussing the important questions and concerns that parents have to think about as their children grow up. This is an excellent parenting tool that can be used for families of any age. It is the perfect gift for new parents or those trying to navigate the choppy waters of raising a teen/young adult." - JAYNE R

"They say there is no manual for parenting. This book is so refreshing! It helps you prepare and plan for your family's most important challenges and events. This isn't a book that gives situational advice, it's a book that helps you create your own narrative on how to raise your family. An innovative way of thinking about how you parent!" I highly recommend it!" - LISA H

"Great roadmap for parenting, and the best thing about it is it helps you write your own roadmap and helps drive discussion between you and your partner. "It prepares you, so you are ready when the situations arise - money matters, social media, travel, school, illness, holidays and the topics go on and on. It is really a great parenting tool. It's a fun read with lots of cute illustrations. It's worth the trip!" - KRISTEN O

"This is my new go-to for a new parent gift! We are new parents, and this is just what we needed! Her illustrations are adorable, and we love her "food for thought" sections of the book."

- RYAN G.



## Speaking Endorsements

"What a joy to have you come and talk! It was an incredible inspiration for all of us on our lifelong journey in this blessed vocation (parenthood)!" - [THE MAGNIFICAT MOMS](#)

"My NOTEWORTHY PARENTING journey starts now." - [MRIA G.](#)

"Thank you for talking with us! Have already had great conversations with my kids and hubby!" - [MARY](#)

"We have started our notebook!" - [SARAH](#)

## Facebook Comments

"Creative and loving! I look forward to each new post!" - [MJ S.](#)

"I love the commonsense tips and encouragement to develop the parently plan before you need it!" - [KRISTEN O.](#)

"Love the valuable information and parenting ideas!" - [CAROLYN P.](#)



## Collaborations

GABB Wireless, Affiliate and Guest blog

Create a Technology Roadmap to Help Your Kids Prepare for a Smartphone

The Chaotic Commute, Guest Blog and Instagram Story Takeover

## Interview

5 Ways to Infuse Fun and Bonding into Your Chaotic Family Time

Instagram Takeover

Chiomahmomah, Podcast interview, Guest Blog Post

Creating a Parenting Plan: Guest Post by Kristin Buchtel

Raising Children Podcast

## Speaking Engagements

Mops, Evergreen, CO

Magnificat Moms, Arvada Co

# About the Author

## Kristin Buchtel



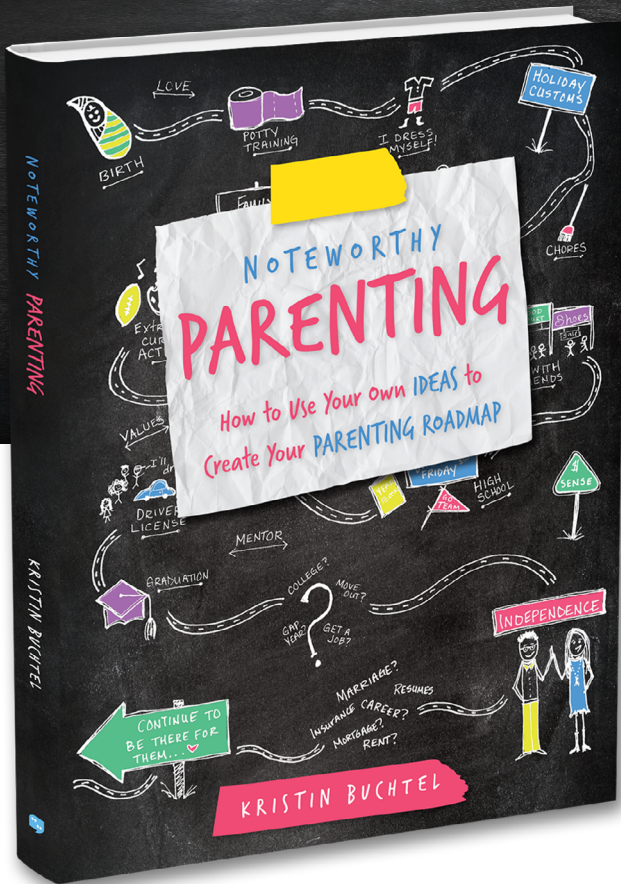
Kristin Buchtel and her husband live in Westminster, Colorado, close to their four adult children. After receiving her master's degree in elementary education, Kristin taught in K-3 classrooms for over ten years and was the recipient of two District Values Awards.

Throughout her parenting career of staying home with her kids, years of volunteering, classroom teaching, and doing home day care, she experienced and observed a lot of parental angst over parenting perfection. This led Kristin and her husband to create their own plan as they were approaching their kids' teenage years. Their plan wasn't pretty, but it was the beginning of their most powerful parenting tool, their Parenting Roadmap. Kristin's passion is to inspire parents to find their own unique ways of parenting by taking advice and tips that resonate with their style, noting them, and parenting by them.

Kristin enjoys hiking Colorado trails, drinking California wines, traveling with family and taking her grandson to the Denver Zoo!



# About the Book



#NoteworthyParenting

[NoteworthyParenting.com](http://NoteworthyParenting.com)

**Title:** Noteworthy Parenting

**Author:** Kristin Buchtel

**Category:** Parenting and Family

**ISBN:** 978-0-578-55438-9

**Format:** Paperback 8 x 10 and Ebook

**Pages:** 172 pages

**Price:** \$19.95

**Publisher:** BookTell Press

**Publication Date:** January 21, 2020

**Available From:** [Amazon.com](http://Amazon.com)

## PARENTING IS HARD!

Technology and social rules are ever changing. It's a struggle for parents to stay on the same page. Sorting through all the advice to find quality solutions can be overwhelming. Parenting by the seat of your pants easily becomes the norm.

*Noteworthy Parenting changes all that!*

They say there is no instruction manual for parenting, but this book is a start in the right direction. With several illustrations, and real life "Food for Thought Exits", this book is a fun, quick and valuable read.

Empower your parenting by:

- Networking with other parents to create solutions for rapidly changing technology and social issues.
- Keeping notes about your parenting plans and staying in sync.
- Getting inspired to create your own solutions.
- Keeping the advice that works for you and tossing the rest.

Parents will learn to create their own unique Parenting Roadmap and gain the confidence to be the best parent they can be.

Parenting is not about perfection, it is about the **POWER** in your **PLAN!**

**Think it! Note it! Parent it!**