

#### About the Author:

Pallavi's unique blend of professional expertise and personal passion, drawing from her roles as a Chartered Accountant, Montessori educator, nutritionist, and artist, infuses the book with a rich variety of perspectives.



# Unveiling the Heartfelt Guide

*"Moments to Memories - Preserving the journey of parenthood"* is a heartfelt guide for parents and parents-to-be, featuring a collection of 50 imaginative and easy-to-implement ideas. From the incredible nine-month journey to bestow upon your angel the gift of self-worth, snuggle up in memories and happiness and many more, this book is not just a collection of activities; it is an invitation to weave happiness and connection into the fabric of everyday family life.

Visually stunning and meticulously crafted coffee table book



Now... Picture this. It's 18 years from now. Your little one is about to head off to college. And, you, your child, and your family are huddled together reliving old memories and truly cherished moments as you pick things out of the capsule one by one. Is there a better family bonding moment?



# Journey Inward:

*Reflect and Evolve with 'Moments to Memories'*

Recollect the recent moments which have brought you unexpected joy or contentment.  
How have these moments influenced your outlook on daily life?



## Personal Growth:

In what ways have you grown or changed in the past year? Consider aspects like patience, understanding, creativity, or resilience.



## Aspirations and Dreams:

What are some personal goals or dreams you're looking forward to pursuing? How do these aspirations reflect your evolving priorities or values?



## Cherishing Relationships:

Reflect on a relationship that has deepened or changed significantly for you recently. What sparked this change, and what have you learned from it?



## Legacy and Impact:

Consider the legacy you wish to leave behind. What small steps can you take today to move towards that vision?

These questions are intended to inspire reflection and introspection, guiding you to ponder the depth and richness of your everyday experiences.

*"Moments to Memories"* is a companion on your journey of self-discovery and mindful living.





# The Heart of 'Moments to Memories':

*Your guide to enriching family moments*



- **Universal Appeal:** Whether you are a new parent or have teenagers at home, this book has something for everyone.
- **Practical and Imaginative:** Overflowing with innovative ideas that are both practical and imaginative, requiring no extravagant planning or resources.
- **Emphasis on Connection:** Focuses on strengthening the bonds between parents and children, creating a lasting impact beyond the activities themselves.
- **Diverse Activities:** Ranging from simple crafts to meaningful traditions, catering to various interests and ages.
- **Beautifully Illustrated and Crafted:** An aesthetically captivating book that invites readers into a visual and emotional journey.



*My Adorable lil One*

*Today I want to share with you a story from my life when I was a little girl. When I was about 5 years old, we had to travel to Guwahati for a wedding. My mum had bought me a new dress and a pair of pink shoes for a day of the*



# PARENTS to STORIES



## Unlocking Collaborations and Sponsorships

- **Brands Focused on Family, Parenting, and Education:** Ideal for promoting products or services that align with family bonding and child development.
- **Educational and Parenting Platforms:** Suitable for collaborative workshops, webinars, and content creation, resonating with engaged parent communities.
- **Maternity & Child Care Hospitals:** A valuable resource for expectant and new parents embarking on their journey of parenthood.





# Join the Movement




“Moments to Memories” is more than a book; it’s a movement towards embracing the joy and richness of parenthood. It’s a call to cherish the fleeting moments of childhood and turn them into a mosaic of memories that lasts a lifetime. Let ‘Moments to Memories’ be the catalyst in your journey of creating a legacy of love and joy for your family.

Embark on this heartfelt journey with *Pallavi Jhawar*.

For collaborations, sponsorships, or to share this beautiful vision with your community, contact [pallavi@happevolution.com](mailto:pallavi@happevolution.com).

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Experiencing life in moments



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