



# Me, my child and behaviour

We will be offering a 5 week programme in school. It is designed for anyone who is a parent or cares for children. With a relaxed and comfortable approach we aim to:

- ♦ increase confidence in your skills and abilities to parent
- ♦ enhance relationships between you and your child
- ♦ teach skills to help your child be more secure emotionally and help raise self esteem
- ♦ identify ways to effectively set boundaries and consequences

There will be free tea, coffee and biscuits and the sessions will last approximately one and a half hours.

The first session will be on Thursday 18th April from 9:00—10:30 am in the community room.

If interested please contact  
the school office.

01384 818305



 **positive**parenting





# Parent's Quotes

"Excellent group, helped me massively and good to talk to other parents with similar problems"

Ridge Primary

"This is a course all parents should take , regardless of the nature of your child. I have learnt so much, many new strategies on how to help my child become more confident and build on our relationship. "

Church of the Ascension

"An excellent user friendly course with brilliant ideas and strategies."

Milking Bank Primary



"Well presented course that was helpful and the ladies were extremely helpful and helped me with a number of issues at home"

Ham Dingle

