



POSITIVE PARENTING

OR

How to be a parent
and stay sane!

We will be offering a 5 week programme to be held at School. It is designed for anyone who is a parent or cares for children. We look at how to maximise you and your child's potential in a relaxed and enjoyable manner, whilst covering the following areas:

- What children really need
- How to build confidence and self esteem
- Setting boundaries (who's in charge?)
- Keeping safe
- Problem Solving

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

If you are interested please let your child's teacher know or a member of staff and we can keep you informed.

Hope to see you there, everyone welcome!