

Time Out for Parents - The Early Years

What? A six-session course for parents of 0-4 year olds

When? Tuesdays from 4th October – 15th November 2016
(no session on 25th October – half-term)

Where? Locks Heath Free Church, 255 Hunts Pond Rd,
PO14 4PG

Time? 7.30pm – 9.30pm

The course is led by trained
licensed facilitator Sarah Sawyers,
with Emma Boorn.

The cost of the course is £10 to
cover resources and refreshments.



To book a place (or for further details)
email: family@lhfc.org.uk
or telephone 01489 579669

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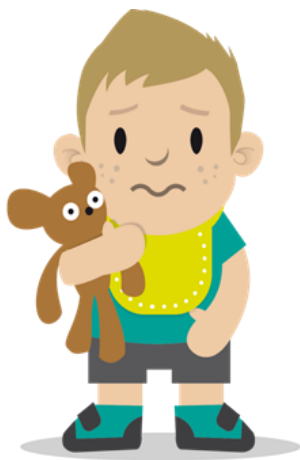
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Positive Parenting's 'Time Out' courses provide lots of information and ideas to help you engage with your children and boost your relationship.

Each week, as you try out new strategies at home, you'll find your skills developing and your confidence increasing. Over the six weeks of the course, you'll discover fresh approaches which will help to reduce your stress and improve your family life.

Session 1: Expectations and realities of parenting

Session 2: Children's needs

Session 3: Play and listening

Session 4: Parenting styles and boundaries

Session 5: Discipline and safety

Session 6: The Wider Family

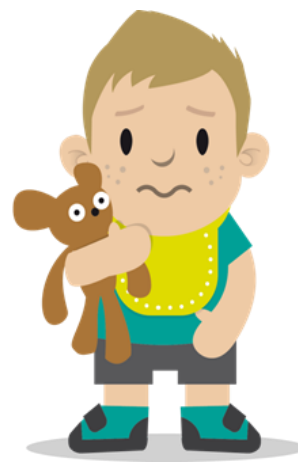
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Positive Parenting is part of **Care for the Family**, a registered charity (number 1066905)

Positive Parenting courses are designed for parents of all faiths or none.

Courses are open to all as part of LHFC's service to the community.

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