

Time Out for Parents - The Primary Years



Bringing together mums, dads and carers to look at building healthy relationships with their children.

Over 6 weeks, you will have the opportunity to share ideas with other parents and carers in a **non-judgemental space** and share your knowledge and experience with each other.

During the 2 hour sessions, you'll explore some key aspects: how to support your children's **emotional wellbeing**, understand their **temperament**, **meet their needs** and communicate well.

You will consider a **toolkit of behaviour strategies** to allow you to decide what best suits your family situation. We discuss helping children make **good choices and understand friendships** both in the real and online worlds.

Finally, we look at how to deal well with **conflict** and the importance of enjoying **family time** together.



Please **scan the QR code** to request a place on this course.

