

Come and Find Out

HOW TO GET THE BEST OUT OF FAMILY LIFE



Stevenage Educational Trust will be running the

8-week Nurturing Programme

for Parents and Carers beginning on:

Thursday 24th January 2019

(31st Jan, 7th Feb, 14th Feb, 28th Feb,
7th March, 14th March, 21st March)

Time: 9.30am - 11.30am

Venue:

Roebuck Academy, St Margarets, Stevenage, Herts, SG2 8RG

The Nurturing Programme builds on our existing parenting skills and helps us think about:-

- why children behave as they do
- the feelings behind behaviour (ours and theirs)
- understanding how emotions influence our actions
- offering positive, practical ways of guiding children in handling their feelings and behaviour
- different approaches to discipline
- developing co-operation and self-discipline in children
- the importance of looking after ourselves, ways of helping us feel good - boosting self-esteem in ourselves and in our children

There is a book that accompanies this course called

The Parenting Puzzle

which captures the exchange of ideas and supportive atmosphere that parents enjoy in a parenting group.

For further information or to book onto this free course please contact:-

Jane Tyrrell - 07808 613199 j.tyrrell@barnwell.herts.sch.uk

Lisa Lowe - 07808 613202 l.lowe@barnwell.herts.sch.uk

We look forward to seeing you

