



Confident Parenting

A fun, interactive training workshop.

Why go?

This training will provide you with the skills and confidence to enhance your parenting.

The training is free.

What will it be like?

The course is relaxed, informal and fun.

The topics covered include:

- The role of the parent / parenting styles
- The causes of unacceptable behaviour
- Four steps to changing children's behaviour
- Using play to enhance learning
- Making personalised play activities
- Everyday activities as learning opportunities
- Perfect parent beliefs
- The stresses of parenting and coping strategies



When and where is the training?

At: Robert Owen Nursery and Children's Centre

On: 21st February to 28th March

1.00pm – 3.00 pm

To book your place,
please contact us
On:

0208 465 9785