

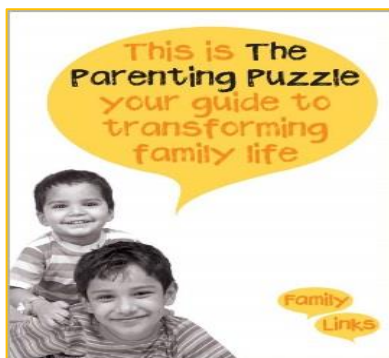


10-week course
Starting Wednesday
22nd September 2021

7pm – 9pm
At The Red Oak
Family Centre

The Parenting Puzzle

**This course gives you help,
tips and advice to make
life a little bit easier and
will help put some fun
back into your family life!**



Topics include:

Understanding your child's behaviour * Listening to how children communicate *
Praise and encouragement * Praise and guidance * The power of play and positive
moments * Learning strategies for building positive, constructive relationships and
calm, confident parenting * An understanding of empathy
* An understanding of the importance of listening and communication
* Learn new tips for positive approaches to discipline and boundary setting.

The course will break for October half term and finish on Weds 1st Dec 2021

Run jointly by The Red Oak and Welcare Family Centres.

Open to all parents and carers. Course Costs £15.00 payable on booking.

Fee covers course materials and includes The Parenting Puzzle book.

If payment is an issue, please talk to us.

To book your place contact

The Red Oak Family Centre, Radstock Way, Merstham, Surrey, RH1 3NH

T: 01737 645908

E: info@theredoak.org.uk

