



4-week course

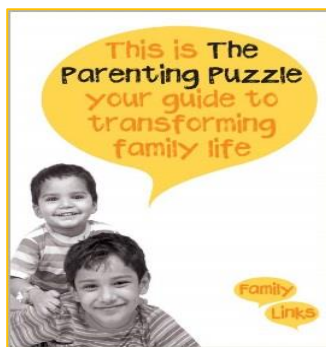
Starting Wednesday  
16<sup>th</sup> June 2021

10.00am - 12noon  
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 puts 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 is 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

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