

# The Parenting Project

A Survival Guide for Parents



## **FREE** 3 Part Course aimed at Parents & Carers

Taking place at the **Dorchester Children's Centre,**

**Middle Farm Way, Poundbury, Dorchester DT1 3WA**

Open to anyone 18 or over who lives in Dorset, (including 16-18 year old parents)

To book a place **01202743279** or email [Jane.keyworth@edasuk.org](mailto:Jane.keyworth@edasuk.org)

**All sessions run 9:30-12:30**

<p><b>Day 1</b> <b>04/06/2020</b></p>	<p>How to communicate more effectively with children, especially teenagers. How to speak so that they listen and listen so that they speak.</p>
<p><b>Day 2</b> <b>11/06/2020</b></p>	<p>Understanding self-esteem and how it underpins motivation. How to support your child's self-esteem.</p>
<p><b>Day 3</b> <b>18/06/2020</b></p>	<p>An introduction to understanding Anxiety and Anger. How to support children with calming techniques.</p>