

Parenting Puzzles

(How to get the best out of family life)

Hello Parents and Carers,

Here we are again, a new and exciting workshop! We've already completed workshops 1 and 2 (PANTS & Incredible Years). We're now introducing our third workshop, **Parenting Puzzles**.

1. PANTS (NSPCC)
2. Incredible Years
3. Parenting Puzzles

Information regarding the Parenting Puzzles workshop:

Living together can be frustrating, difficult and hard work! This group will look at the underlying qualities that forge a healthy parent-child relationship including having fun together. The aim of the group is for parents to feel more confident that they are getting their children off to a good start in life. The group will provide the building blocks for positive, constructive relationships and confident parenting.

- ✓ Do we have fun together?
- ✓ Do we fight a lot?
- ✓ Do I have to nag or shout before anyone does what I ask?
- ✓ Am I enjoying being a parent or is it exhausting and stressful?

Workshop information -

Venue - Creswell C of E Infants & Nursery School

Time: 14:00 - 15:00

1 hour sessions per 2 days (days to be determined)

Facilitators - Mel Osborne & Elaine Furness

* If you wish to attend or would like any further information please contact the school office at 01909721471 *