

Confident Parents, Confident Kids

All parents at one time or another experience common child behaviour difficulties.

For parents of children aged 2-8 years

The aim is to give you practical ideas and ways to manage your child's behaviour in a positive way. The style of the meeting will be informal and fun with lots of discussion within the group.



WHAT WILL BE COVERED?

- *Understanding your child's behaviour*
- *Effective ways of encouraging good behaviour*
- *Communication and play*
- *Setting limits*
- *Reducing family stress*

We also run a course just for Dads

Confident Dads, Confident Kids