

## Come and Find Out

HOW TO GET THE BEST OUT OF FAMILY LIFE



Stevenage Educational Trust will be running the

# 8-week Nurturing Programme

for Parents and Carers beginning on:

**Thursday 24th January 2018**

(31st Jan, 7<sup>th</sup> Feb, 14<sup>th</sup> Feb, 28<sup>th</sup> Feb,  
7<sup>th</sup> March, 14<sup>th</sup> March, 21<sup>st</sup> March)

**Time: 9.30am - 11.30am**

**Venue:**

**Roebuck Academy, St Margarets, Stevenage, Herts, SG2 8RG**

**The Nurturing Programme** builds on our existing parenting skills and helps us think about:-

- why children behave as they do
- the feelings behind behaviour (ours and theirs)
- understanding how emotions influence our actions
- offering positive, practical ways of guiding children in handling their feelings and behaviour
- different approaches to discipline
- developing co-operation and self-discipline in children
- the importance of looking after ourselves, ways of helping us feel good - boosting self-esteem in ourselves and in our children

There is a book that accompanies this course called

### **The Parenting Puzzle**

which captures the exchange of ideas and supportive atmosphere that parents enjoy in a parenting group.

For further information or to book onto this free course please contact:-

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Lisa Lowe - 07808 613202 [l.lowe@barnwell.herts.sch.uk](mailto:l.lowe@barnwell.herts.sch.uk)

**We look forward to seeing you**

