

Chorleywood & Loudwater
The Lanes
Children's Centres

HOW TO GET THE BEST OUT OF FAMILY LIFE



Parenting Puzzle

This 8 week course provides simple, effective tools to help parents understand and manage children's development behaviour.

Sarratt Village Hall
The Green Sarratt,
WD3 6AS

Friday
1 pm to 3pm
October 7th to December 2nd
(not October 28th – half term)

Children's Centre
Lower Road. Chorleywood
WD3 5LB

Wednesday
9:30 am to 11:30 am
January 25th to March 21th
(not February 15th – half term)

The 8 week course supports building on the skills you already have and introduces lots of ways to improve family relationships and manage the behaviour of children of all ages. The programme helps to improve confidence and gives ways to maintain effective positive discipline while gaining more understanding of your own and your child's emotional needs. The course will help to understand how emotions influence actions, and offers many positive, practical ways of guiding children so they learn to handle both their feelings and their behaviour. It suggests ways of helping us feel good - boosting self-esteem in ourselves and in our children and has activities to take part in. If we are happy, children are more likely to be.

Course cost is free. Crèche available at £5 per session.
Booking essential as places are limited.

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