

# BEING A PARENT

**A COURSE FOR PARENTS/CARERS, DELIVERED BY LOCAL PARENTS**

**The course provides ideas on setting routines and family rules at home. It offers strategies to support changes with your child's behaviours which helps to build happier relationships and reduce those everyday family stresses.**

- ✿ Learn how to encourage good behaviours and how to share more fun times together.
- ✿ Learn how to better understand your children's feelings and needs.
- ✿ Learn positive strategies to create a happier parent child relationship.
- ✿ It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

**FOR PARENTS OR CARERS OF CHILDREN AGED 2-11 YEARS  
COURSE LENGTH- 9 WEEKS, 2 HRS PER WEEK**

Central Family Hub

Tuesday 17th September  
9:30am Start Time

Call your local Family Hub to  
book your place.

**BSL Interpreter present**



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