

Handy Hints and Tips for Parents, Carers, and Grandparents

Does your child attend Primary School? If the answer is yes, then we have a course that you might like.

This 4-week course will be delivered in your school for 1 hour per week. It will equip you with tools, skills & strategies to help support you and your family.

You will look at lots of different topics, including:

- * Understanding why children behave as they do
- * Recognising the feelings behind behaviours (ours and theirs)
- * Exploring different approaches to discipline
- * Finding ways to develop co-operation and self-discipline in children
- * Learning the importance of looking after ourselves

Please speak to a member of your school staff if you are interested in attending this programme.

