

On-line Course

Effective Parenting Course

An 8 week course for all parents of children aged 3-11

Start Date: Tuesday 7th May 2024

End: Tuesday 2nd July 2024

(NO session during school holiday – 28th May 2024)

Time: 7-9pm

Venue: Remote via zoom

Cost: £104.00/£40.00 concession (with proof)

Price is per parent/carer living in London

HOPE

Helping Families to Live and Learn Together

This 8 week programme aims to support parents and carers with practical parenting strategies to develop their abilities to bring up confident, happy and co-operative children.

Topics include:

- . Building self-esteem and confidence in children
- . Understanding children's behaviour. Why do they do what they do?
- . Effective listening skills
- . Positive communication
- . Setting boundaries and effective consequences.



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