



Parenting Programme

Primary Behaviour Support and Provisions are delivering a parenting programme to parents/carers of primary age children.

The parenting programme will consist of the following six sessions:

- **Care of me**
- **Promoting Positive Behaviour**
- **Play/Positive Interactions**
- **Trauma and Nurture**
- **Children's Emotional Health and Wellbeing**
- **Building Routines**





Take the chance to:
Connect with other families
Share experiences
Create a Support System

Care of me

This workshop aims to help parents improve their physical and mental health and well-being

Promoting Positive Behaviour

This workshop will give parents tips to encourage positive behaviour as well as providing parents with the tools to understand and manage children's challenging behaviour.

Play/Positive Interactions

This workshop offers parents tips and ideas to encourage more effective play and positive interactions with their children. Helping to see play as fun for everyone. Precious playtimes benefit the whole family.

Trauma and Nurture

This workshop looks into childhood trauma and offers advice on how parents can help themselves and their children cope with trauma and move forward in their daily lives. The importance of being a 'nurturing parent' is also explained alongside tips and advice to further develop how parents can nurture themselves and their family.

Children's Emotional Health and Wellbeing

This workshop provides parents with tips and advice to help their children achieve good emotional intelligence and health, as well as activities to promote positive well-being.

Building Routines

This workshop provides tips on how to build routines into your family's daily life in order to create a more harmonious lifestyle.

**Participate
on
Zoom**

Small group

**Workshops will
last 1 hr 30
mins**

**To Register
Click Here**