

The information below relates to courses based on the Family Caring Trust material marked with a \* on the opposite page

- Would you like to join a small friendly group of parents, and together, look into ways of becoming a more effective and relaxed parent?
- You will have helpful guidance from experienced leaders, through a well thought out, balanced and reliable programme, but the emphasis will be on group sharing.
- You will gain more confidence in bringing up your children and will be helped to develop your skills.
- You will have your own handbook, watch video clips, and discuss incidents of behaviour and child-parent interaction.
- There will be ample time for you to share your own experiences and any specific parenting problems you may be facing.
- You will become a happier and calmer parent, with new ways of expressing your love for your children, and you will be amazed at the difference this will make to them!

THE COURSES CONSIST OF WEEKLY SESSIONS FOCUSING ON:

- CHALLENGING BEHAVIOUR
- ENCOURAGEMENT VERSUS CRITICISM
- NEW WAYS TO LISTEN AND TALK THAT REALLY WORK
- GETTING TO GRIPS WITH PROBLEMS
- BECOMING POSITIVE AND CONSISTENT
- DISCIPLINE BY CHOICES AND CONSEQUENCES
- TRAINING THE KIDS TO DO THINGS FOR THEMSELVES
- CREATING GOOD MEMORIES TO LOOK BACK ON

The following courses have been organised by Practical Parenting Woking

<p><u>* Pre-School: 0-6s</u></p> <ul style="list-style-type: none"> <li>➤ Contact : 01483 821184 to register your interest in a future Pre-School course</li> <li>➤ Duration : 8 weeks</li> </ul>	<p><u>Pre-Teens &amp; Teenage</u></p> <p>Trust for the Study of Adolescence: <i>The Challenging Years</i></p> <ul style="list-style-type: none"> <li>➤ Contact : 01483 762448 to register your interest in a future Teenage course</li> <li>➤ Duration : 6 weeks</li> </ul>
<p><u>* Primary: 6-12s</u></p> <ul style="list-style-type: none"> <li>➤ Contact : 01483 821184 to register your interest in a future Primary course</li> <li>➤ Duration 8 weeks</li> </ul>	

NOTE : a small fee is charged for these courses to cover the cost of the handbook, handouts and refreshments.

More information about Family Caring Trust can be found at  
[www.familycaring.co.uk](http://www.familycaring.co.uk)