# FREE ONLINE PARENTING PROGRAMME





## **WORKING IN PARTNERSHIP**

with Harrow Council

#### 10 WEEKLY INTERACTIVE SESSIONS WITH EXPERT PARENT COACHES

strategies to manage behaviour

This 10 session weekly course helps parents of children 4-12 years old by offering many positive, practical and fun ways of guiding children so they can manage their feelings and behaviour. Based on the four core principles of self-reflection, positive discipline, empathy and appropriate expectations, the course helps parents to focus on understanding your own child's emotional needs and build good communication and practical

### Please email us at

LEARN:

**VENUE**Online

### **STARTING**

Sep 30<sup>th</sup> 2022 9.45am - 11.15am