EMPOWERING PARENTS EMPOWERING COMMUNITIES

PEER PARENTING COURSES
A free 9 week course for parents of children aged 9 to 16 years

HEAD START NEWHAM

Being a Parent Course

A free course for parents of children aged 9 to 16 years

Delivered digitally via a video call app called Zoom.

Delivered for Parents by Parents

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

Comfort breaks will be built in to the course

Course Details:

All groups will run for 9 consecutive weeks

Thursday's	Wednesday's	Thursday's	Tuesday's
Start: 21st January 2021	**Start:** 27th January 2021	**Start:** 28th January 2021	**Start:** 2nd February 2021
End: 18th March 2021	**End:** 24th March 2021	**End:** 25th March 2021	**End:** 30th March 2021
Time: 10 –12:00pm	**Time:** 12 –2:00pm	**Time:** 6–8:00pm	**Time:** 10–12:00pm

To sign up for the course, please follow the link below:
https://www.headstartnewham.co.uk/get-involved/
For more information and support, please follow us on Facebook, Twitter and Instagram @HeadStartNewham

You can still contact us Monday–Friday from 9am–5pm on the following details:

T: 0203 373 9983 E: headstart.programmeteam@newham.gov.uk

HEAD START NEWHAM · COMMUNITY FUND · in partnership with Newham London

Being a Parent Course

(for parents/carers with a 9 -16 year old)

Each week the group looks at different topics related to your relationship with your child/ren including:

Being a Parent	**Parenting skills and Listening skills**
The good enough parent Taking care of ourselves	Communication and listening
Feelings	**Valuing your child**
Expressing and acknowledging feelings	Using descriptive praise to change behaviour
Understanding conflict, negotiation and problem ownership	**Quality Time**
Negotiation skills Choices, consequences and sanctions	Building your child's self esteem What is it like to be a young person in Newham
Understanding children's behaviour	**Stress management, Review and Ending**
Exploring needs of your child and their behaviour Discipline and household rules Family meetings	Coping with stress Reviewing your learning and celebration

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