

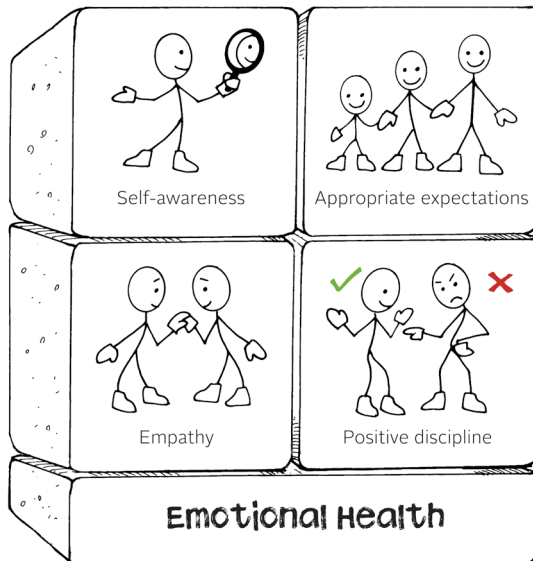
What is the Parenting Puzzle?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Parenting Puzzle Workshops help deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

The Building Blocks of the Parenting Puzzle



The Four Workshops

Workshop 1: Understanding children's behaviour, Listening and communicating, Praise and encouragement

Workshop 2: Praise and guidance vs criticism, Child-led play and Positive moments

Workshop 3: Boundaries and parenting styles, Time Out to Calm Down, Dealing with stress and conflict

Workshop 4: Choices and consequences, Behaviour to ignore, Putting the puzzle together, Looking after ourselves

Practical information

There are four 2-hour sessions with a tea and coffee break

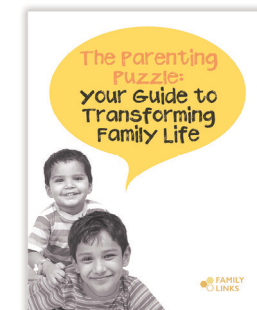
10-20 parents are invited and there are two Family Links trained group leaders

Partners are welcome and it's also fine to come on your own or with another relative or friend

Some groups provide a creche; check with group leaders beforehand

you need to come to all four workshops: they fit together like a puzzle

you will be provided with a copy of The Parenting Puzzle book to accompany the workshops.



How Parenting Puzzle Workshops have helped other parents

"So helpful to have ways of dealing with situations that happen on a daily basis"

"Wonderful! Could do this every day"

"Better than expected, made me think differently about toddler behaviour"

"It was a completely new experience for me but after the first week I was completely relaxed"



check out familylinks.org.uk

The Nurturing Programme Parenting Puzzle Workshops

where:

when:

contact details:



familylinks.org.uk



Parenting
Puzzle
Workshops

Information
for parents
and carers

