

Time for Parents

- Do you ever wish you had more time to enjoy being with your children?
- Is getting them ready for school in the morning, sometimes a bit of a nightmare?
- Do you ever wonder why you think it's only your children behaving like this?

If you have answered 'Yes' to any of these questions, then **'Time for Parents'** is for you. Taking part will give you the chance to think about the joys and difficulties of being a dad or mum.

Run by Patchwork Parenting, it consists of eight weekly sessions. It's absolutely free, and there will be coffee and plenty of chance to talk. Nobody will tell you what to do, but your expertise as a parent will be very useful to others!

Staying calm and relaxed
The Feel Good Factor
Encouraging good behaviour
Choices... and consequences

What children need
Are you listening?
Behaviour we don't like
Safety and Independence

If you want to find out more, please come to a

Taster session

at Widewell Primary School on Thursday 21 January from 1.30 until 3pm

Please delete as applicable and return this slip by 18 January either to the school office or to Patchwork, St Boniface House, Ashburton, Newton Abbot, TQ13 7JL

- I /we will be attending the 'Introductory Session to 'Time for Parents' on Thursday 21 January at Widewell School.
- I cannot come to the Taster session but would like more information about 'Time for Parents'

Name: _____

Address: _____

Phone number _____