



THE FAMILY  
LEARNING HUB  
GROWING STRONGER TOGETHER

## Come and Find Out

### HOW TO GET THE BEST OUT OF FAMILY LIFE



**\*\*Exciting News\*\* – Pinner Wood will be running a 10-week Nurturing Parenting Programme this term run by The Family Learning Hub on Tuesday Mornings.**

#### **What is it?**

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 strategies to manage behaviour.

**The course only offers 10 spaces** per session for the term. Please contact Uzma Malik on **07957 446499**

We will be holding a coffee morning to find out more about it:

**Venue:** Pinner Wood School- The Den

**Date:** Tuesday 24<sup>th</sup> September 2019

**Time:** 9.15 am -10.15am

We look forward to seeing you!

Please note the coffee morning is an information session. There is no obligation to sign up- so come along and see if it is for you!