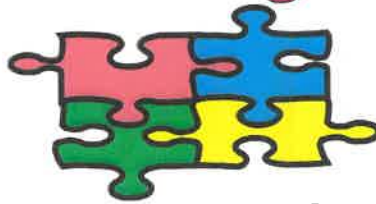




Family Nurturing Programme at Brackenhill Primary School

The Parenting Puzzle

Stressed out?



Kids driving you mad?

Want more fun in your family life?

Want to make a change?

Then we have the answer

Come and take part in a fun, practical and valuable adventure which will change the way you look at family life.

We will be running a **10-week Nurturing Programme for Parents** from **30th January** every **Monday morning** from **9:10 am to 11:00 am**.

Step by step guides for parents

Empathy
Giving time to calm down
Making family rules
Giving choices and consequences

Giving praise effectively
Negotiating
Problem solving
Active ignoring

There will be nurturing gifts and refreshments available.
We'll look forward to seeing you.
Please fill the slip below and return it to school no later than **18th Jan**.

I would like to attend Family Nurturing Programme.

Name----- Contact No-----

Child's Name----- Class-----

For further information please contact Mrs. Shah or Mrs. Akhtar.