PARENTING PUZZLE WORKSHOPS

FAMILY LINKS
The Centre for Emotional Health

ONLINE OR FACE-TO-FACE TRAINING

This 1-day training course is for practitioners who have already trained as Parent Group Leaders and wish to offer a shorter intervention based on The Nurturing Programme. The course provides the knowledge, skill and resources to deliver four 2-hour workshops for parents of children under 5 years old. The course highlights the importance of tuning into young children and the power of play, and promotes positive approaches to discipline and boundary setting. Parents are encouraged to develop an understanding of the importance of nurture of self and others in family relationships. This training can be delivered online or face-to-face.

LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ Explain to parents the importance of child-led play
- ✓ Support parents in reducing their own and children's stress
- ✓ Support parents in building positive relationships with their young children
- ✓ Deliver the Parenting Puzzle Workshops to groups of parents

RESOURCES

The training includes a copy of The Parenting Puzzle Handbook.

OUTCOMES FOR PARENTS AND CHILDREN

- ✓ Introduce the Four Constructs (Building Blocks) for positive, constructive relationships and calm, confident parenting.
- ✓ Develop parents' understanding of empathy
- ✓ Develop parents' understanding of the importance of listening and communication
- ✓ Explore the power of praise and positive interaction
- ✓ Increase parents' understanding of the power of play
- ✓ Promote positive approaches to discipline and boundary setting
- ✓ Develop an understanding of the importance of nurture of self and others in family relationships

BOOK TRAINING:

£190 per person or £120 online
Visit our online training calendar to see training dates and locations and book your place.

£2,750 team training or £2,250 online
For a group of up to 16 Parent Group Leaders/ Antenatal Group Leaders. To find out more or team bookings, please get in touch.

Prices applicable to training courses delivered on the UK mainland.

training@familylinks.org.uk **01865 401800**
www.familylinks.org.uk