

18th December 2017

Dear Parents/Carers

**Supporting Positive Parenting**

In the last five years at Freshfield, we have offered free courses to support the role of being a parent. Parenting can be the most challenging of roles, especially as children can go from being loveable, caring, doing as you ask and very cuddly; to quite the opposite. A number of parents have already commented to various staff that this can be very difficult to deal with and are sometimes unsure of the best way to deal with challenging situations with very young children.

To support any interested parents we are once again offering the opportunity to attend some parenting sessions that will focus on the following:

* Play and learning
* Promoting positive behaviour
* Building resilience and self-esteem
* Effective communication.

The sessions will be led by Nick Dux and take place in the Nursery. Nick has 13 years’ experience of supporting families, has a ‘BA Hons in Human Communication’ and has also completed 2 years training in counselling. Feedback from previous courses has been very positive. The sessions are intended to support the positive relationships you build with your children and further develop an understanding of why children may behave in certain ways. They will also support you to increase the number of strategies you can use to address issues you may be experiencing.

The sessions, all between **6.30 pm and 8.00 pm,** will take place on the following dates:

**Sessions 1 - 3 - *Thursday 1st February, Thursday 8th February, Thursday 15th February***

**Sessions 4-6 – *Thursday 1st March, Thursday 8th March, Thursday 15th March***

We are able to offer places to 12 parents on a first come first served basis. If you would like to attend these 6 sessions please complete the slip below and return to the school office or email admin@freshfield.stockport.sch.uk

Kind regards

Jenny Martin Headteacher

I wish to sign up for the supporting positive parenting course starting 1st February for 6 weeks.

Adult Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_