



28th February 2020

Dear Parents/Carers

Supporting Positive Parenting

In the last six years at Freshfield, we have offered 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 – Wednesday, 18th March, 25th March, 1st April

Sessions 4 - 6 – Wednesdays, 22nd April, 29th April, 6th May

This year there will be a minimal charge of £20 per family.

We are able to offer places to 12 parents on a first come first served basis but would need at least 8 people to attend to enable us to offer this course. 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 18th March for 6 weeks. I understand there is a charge of £20.

Adult Name _____ Child's Name _____