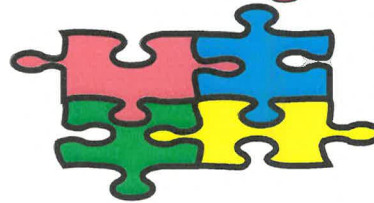




## Family Nurturing Programme at Brackenhill Primary School

### 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 **30<sup>th</sup> 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 **18<sup>th</sup> 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.