



'The Parenting Puzzle'



WE ALL WANT TO GET THE BEST OUT OF FAMILY LIFE!

Children are rewarding and lots of fun, but looking after them can be stressful. Jo Scott (Centre Manager) and Hillary Gregory (Outreach Worker) are planning a 4 week Parenting Puzzle evening course at Saxon Children's Centre. This looks at understanding why children behave as they do, their feelings behind their behaviour, and exploring different approaches to discipline.

This programme is written specifically for families of children aged 0-5 years, but feedback from parents with older children indicates they find it beneficial too!

Thursday 25th April, 2nd May, 9th May, 16th May 2019
7pm-9pm

(this is a free course, donations are welcome but not expected)

Booking a place is essential, so please call 01932 569742 to register your interest.

www.saxonchildrenscentre.com

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