

The Parenting Project

A Survival Guide for Parents



FREE 3 Part Course aimed at Parents & Carers

Taking place at the

Bridport Children's Centre, Skilling Hill Road, DT6 5LA

Open to anyone 18 or over who lives in Dorset, (including 16-18 year old parents)

To book a place **01202743279** or email Jane.keyworth@edasuk.org

All sessions run 9:30-12:30

Day 1 05/03/2020	How to communicate more effectively with children, especially teenagers. How to speak so that they listen and listen so that they speak.
Day 2 12/03/2020	Understanding self-esteem and how it underpins motivation. How to support your child's self-esteem.
Day 3 19/03/2020	An introduction to understanding Anxiety and Anger. How to support children with calming techniques.