

What can I expect from Parent Gym?

	Session 1 'Chat'	Session 2 'Love'	Session 3 'Behave'	Session 4 'Care'	Session 5 'Discover'	Session 6 'Together'
What are the aims of the session?	Learn how to communicate: get you and your child talking in a positive way every day.	Learn how to balance warmth and discipline. Show your children you care in lots of ways.	Learn how to be consistent with limit setting: bring order to your home with rules and routines that really work.	Focusing on how to keep yourself and your family happy and healthy.	Discover how to encourage your child's interest in learning, help them grow and achieve their dreams.	Learn how to build a support network for your child, keep your family rock solid and help your child make friends.
What can I learn from each session?	The session helps you to develop effective communication skills- learn to be an active listener and understand how your communication can have an impact on your children.	This session focuses on building self-esteem and independence in children through secure attachments with parents. You will reflect on how you were parented and how this may have had an effect on or influenced your style of parenting. You will also learn different ways to build your child's resilience.	This session explores how rules and routines can support children to feel safe and secure. You will learn how to recognise and reward positive behaviours as well as trying out some practical tips for preventing misbehaviour. You will also discuss and agree what sanctions you feel comfortable using at home	This session offers guidance on how to look after yourself and your family, including tips for ensuring your family eats well and gets enough exercise. There is also a section on focusing on parent's wellbeing and how to recharge your own batteries.	Find out how important free play is to your child's development and learn how you can incorporate storytelling into your daily routine to enrich their imagination. There are also lots of practical ideas on how to manage children's screen time (on phones, tablets, computers etc) and get their homework done.	Understand the reasons behind some of your children's behaviours and learn how to help them solve their own disputes. Get lots of ideas to help you develop a strong family bond and create your own family identity.