

# Enjoy Parenting

**A 3-week course for parents with children aged from 18 months to 4 years**

A fun course which offers support to parents with discussions around the challenges of being a parent whilst focusing on routines, boundaries and positive parenting techniques.

**To be placed on the waiting list; please contact**

**Natalie on: 07812 374188**

## **Parents that attended this course said:**

*"I learnt new techniques for managing behaviour and how to stay calm through challenging behaviours"*

*"Since attending we have been able to avoid meltdowns"*

*"I have learnt that I am not alone"*

