

# Six-week parenting programme



## Dear parents, Parent Gym is coming to

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive. Come along to meet other parents, hear their stories and pick up new ideas. Everyone is welcome!

Through our relationship with Parent Gym the programme, normally worth £1000 per parent, is free of charge. All parents are welcome to apply but places are limited so sign up now to secure your place.

Each weekly session lasts two hours. See below for details on how to find out more info.

### Chat (2 hours)

Help your family talk and listen to each other.

### Love (2 hours)

Build self-esteem and independence through secure attachments.

### Behave (2 hours)

Bring calm and order to your home.

### Care (2 hours)

Looking after ourselves and our families.

### Discover (2 hours)

Support your children to learn and explore.

### Together (2 hours)

Look to the future and recapping key techniques.

**To find out when and where the sessions are happening and confirm your place, please email**

We look forward to hearing from you.

Yours sincerely,

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