

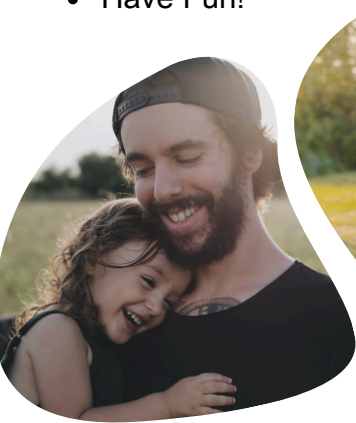


Family Hubs
HARTLEPOOL
BOROUGH COUNCIL
IN HARTLEPOOL

Being a Parent

8 Weekly Group Sessions Ran by Parents, for Parents.

- Learn new parenting skills
- 2 hour long group session per week
- Meet other parents
- Share experiences
- Have Fun!



Available at Rossmere & Miers Avenue Family Hubs
suitable for Parents of children from 2yrs to 11yrs

For more info or to sign up, get in touch today!

parenting@hartlepool.gov.uk

Text: 07775 405892

Telephone: 01429 292444

Session 1: Being a parent

Getting to know each other

Taking care of ourselves

Session 2: Feelings

Acknowledging and accepting feelings

Session 3: Play

Child-led play - Special time

Session 4: Valuing my child

Praising your child

Session 5: Understanding children's behaviour

Understanding children's needs

Session 6: Behaviour Management

Promoting positive behaviour

Session 7: Listening

Listening skills

Session 8: Review and support

Course review and celebration