

Parenting Groups



The Journey of Parenting: 3-5 Years

This session is a four week programme aimed at parents/carers of children aged three to five years.

Is your child due to start school in September?

Would you like some support and advice in helping your child confidently transition into this important next stage?

The course will equip parents/carers with a greater understanding of:

- Strategies to support behaviour and boundaries
- Development milestones, health & self care (including oral health, toileting, healthy lifestyles, food and exercise)
- The importance of attachment and family well-being
- How to support their child/ren making new bonds at school and what those first few weeks may look like.
- Understanding what 'school readiness' means and how to assist their child.

For more information or to book a place on our next course please call us on 0300 323 0245.



0300 323 0245

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