

# Parenting Groups



## The Journey of Parenting: Toddler

This session is a four week programme aimed at parents/carers of children aged walking to 3 years.

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

- Age appropriate milestones
- Becoming an important play partner
- Realistic expectations of their child's development
- Promoting a healthy brain
- The importance of parental well-being and strong relationships
- Effective routines
- Sleep
- Appropriate discipline and behaviour management strategies.

Parents/carers will also have the opportunity to form friendships and support networks during this time.

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



0300 323 0245

[www.ecpbedford.org](http://www.ecpbedford.org)

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