



# positiveparenting



Time Out for Parents: The Primary Years  
Starting Thursday 22nd February  
7.30 – 9.30 pm  
At  
St Mark's Primary  
Danebury Road, Hatch Warren

Positive Parenting Courses are designed to affirm you in all the good things that you already do as a parent, as well as finding new ways and strategies to help your family life be even better.

You are invited to join “The Primary Years” course which is being run at St Mark's Road, Hatch Warren, Basingstoke, RG22 4US.

We spend a lot of our time as parents entertaining our children, feeding them, clothing them, taking them here and there. When was the last time that you spent time thinking about what your children really need in terms of emotional support, the way that you parent them, or how their personality (or yours) impacts your day to day living as a family?

We will be sharing our joint expertise as parents, the frustrations and the joys, but best of all finding better ways to bring up our children.

All six sessions are centred on a Power Point presentation, refreshments will be served on arrival, and there is no drama or role play! 😊



Focusing on children from 5 to 11 years, “The Primary Years” helps parents look at how to support their child as they start to find out how the world works, learn how to manage their feelings, find out what they're good at and experience the consequences of keeping or breaking the rules.

Sharing ideas with other parents and carers is an important part of the course, and discussions are started from real life situations. As the course progresses there will be opportunities to discuss how you are getting on with trying these at home.



### Six Session titles

- What being a parent's really like
- Children's needs
- Feelings and listening
- Boundaries and parenting styles
- Keeping safe
- Building strong families

It is important that you attend **all** of the sessions as each one builds on the previous. On the last session every parent that has completed the course will be presented with a certificate

The course will be on Thursday evenings from 7.30-9.30 pm, starting 22<sup>nd</sup> February. The last session is on Thursday 29<sup>th</sup> March 2018.

There will be a small charge of **£15** per person. This must be paid in advance to secure your place.

The facilitator for this course will be Caroline Bennett.

### **Booking your place**

Complete the booking form and return, with cash or a cheque (HCC)

St Mark's Primary School  
Danebury Road  
Hatch Warren  
Basingstoke, RG22 4US

For more information email  
[adminoffice@st-markscofe.hants.sch.uk](mailto:adminoffice@st-markscofe.hants.sch.uk)  
or phone: 01256346111



Parenting Course

22<sup>nd</sup> February

St Mark's Primary School

Names(s) \_\_\_\_\_

\_\_\_\_\_

Email address:

Contact number:

Ages of your children:

PLEASE ENCLOSE PAYMENT OF £15 PER PERSON – THANKS!