FAMILY LEARNING

WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE

FEEL GOOD FAMILIES

Find out the 10 secrets of successful and enjoyable parenting.

Pamper yourself with some Aromatherapy.

Help your make children make healthy choices.

Talk to other parents about the joys and pains of parenthood.

Have a bit of time-out with a cup of tea and a chat.

HAVE FUN!

All mums, dads, grandparents and carers are welcome!

Funded by:

Come join us at Rise Park on Thursday's at 9am.

Web: www.lecn.co.uk
Twitter: @LifeEdFamLearn
Facebook: @LifeEdFamLearn

Nottingham Jobs — Nottingham City Council — Community & Family Learning — Part of the Nottingham Jobs Service

Education & Skills Funding Agency

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Session			What it's all about...
1	18.4.24	Introduction	- 10 secrets of enjoyable / successful parenting - Ignoring undesirable behaviour
2	25.4.24	Desirable Behaviour	- Positive things about being a parent - Giving positive attention, attends and praise - Understanding behaviour / reinforcement and using rewards
3	2.5.24	Undesirable Behaviour	- Solving problems behaviours (ABC of behaviour) - Giving effective commands - Time out / withdrawal of privileges
4	9.4.24	Behaviour Management	- Discussion of physical punishments - Thoughts / feelings / behaviours and managing anger
5	16.5.24	Children's Health & Wellbeing	- What does healthy mean? - Common eating and sleeping problems - Sharing tips on how to resolve them
6	23.5.24	Choice of internet safety or Talking Tough Topics	To be discussed during week 1
7	6.6.24	Stress Management	- What is stress and what are its coping strategies - Changing thoughts and living a balanced life
8	13.6.24	Aroma-therapy	- Introduction to Aromatherapy and its benefits - Hand massage and making a blend / bath infusion

If you would like to come and join **Feel Good Families**, please return this completed slip to your child's class teacher:

Please provide us with your email so we can send you course information.

Child's Name:	- INSERT NAME -
Child's Class:	- CLASS NAME -
Parent / Carer Name:	- INSERT NAME -
Telephone:	- INSERT TELEPHONE -
Email:	- INSERT EMAIL -

Do you need a creche in place : (If yes, please give child's name)	- INSERT NAME -