



Life Education Centre Nottinghamshire



Feel Good Families on ZOOM

Find out the 10 secrets of successful and enjoyable parenting

Reduce stress levels. Learn ways to manage the stresses of parenting

Help your children make healthy choices

Help your children develop healthy and safe internet use

Explore ways to encourage positive behaviour

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Life Education | Delivery Partner

HAVE FUN!

**Come and join us on Tuesday 24th November
via ZOOM 9.15 til 10.45am**

All Mums, Dads and Carers welcome.

Week	Session	What's it all about?
1	Tuesday 24 th November	Introduction About the course The attention switch Ignoring undesirable behaviour
2	Tuesday 1 st December	Increasing desirable behaviour Positive things about being a parent Giving positive attention and praise Understanding behaviour reinforcement and how to use it effectively
3	Tuesday 8 th December	Decreasing undesirable behaviour Solving Problem Behaviours (ABC of Behaviour). Giving effective commands Time out, withdrawal of privileges, use of rewards
4	Tuesday 15 th December	Behaviour management Children's rights and responsibilities Connection between thoughts ,feelings and behaviour Managing anger Peaceful Problem Solving
5	Tuesday 5 th January	Children's Health & Well-being What does healthy mean? Common eating and sleeping problems : sharing tips and advice on how to solve them
6	Tuesday 12 th January	Online Behaviour Helping children to stay safe online Identifying cyberbullying and how to prevent it Behaving responsibly online
7	Tuesday 19 th January	Stress management What is stress? Understanding coping strategies 5 ways to emotional well-being
8	Tuesday 26 th January	Aromatherapy Intro to aromatherapy oils and their benefits for both parents and children (relaxation, health and well-being)

If you would like to **come and join Feel Good Families, on ZOOM** please call school to book your place and give the following information:

Child's name:		class:	
Your name:			
Telephone:			
Please can we have your e mail address to send you the invitation			



Virtual workshops, delivered by qualified and DBS-checked tutors, using the online platform, Zoom.