

Playful Parents Information for Parents

**'I feel a lot less
stressed since I
came on this
course'**

- Parent



- Ever wish you could stop rushing around and cherish more moments with your children?
- Sometimes feel frustrated or confused by your child's behaviour?
- Wish you understood your children a bit better?
- Want to feel more confident and in control as a parent?...

PLAYFUL PARENTS CAN HELP YOU!

Playful Parents is a relaxed and supportive group where new skills are shared to empower parents and help strengthen your relationship with your child.

Playful Parents is a 10 week, small parent workshop for parents or carers with at least one child between 4 and 12 years. Playful Parents is suitable for parents of ALL children, including those with SEND or undiagnosed difficulties.

The 90 minute weekly sessions are very warm and friendly with a group facilitator who is skilled and experienced in Play & Creative Arts Therapy, the perfect environment to chat over a cuppa and learn something new with other like-minded parents.

Through the introduction of weekly play times, you will help your child build self-esteem, problem solving skills and confidence. You'll learn how to react to behaviour in positive ways and develop effective strategies to manage challenging behaviour. The play times help to develop the relationship between yourself and your child. You will notice that your child displays more kind and helpful behaviour at home and at school, and they will become happier and better able to cope with everyday situations.

Come along to our coffee morning/afternoon at school to meet the facilitators and to ask questions about the programme.