

Being A Parent



These fantastic free sessions are run by friendly local parents. They provide practical tips and advice on how to bring up confident happy and co-operative children.

The group lasts for 9 weeks and free childcare is available.

Time	Venue	Starting	Ending
10.00am – 12.00pm	Kincraig Primary School Kincraig Road, FY2 0HN	Tuesday 17 th January	Tuesday 21 st March
10.00am – 12.00pm	The HealthWorks 1 Clifton Street, FY1 1JD	Wednesday 18 th January	Wednesday 22 nd March
6.00pm – 8.00pm	Online using Google Meet	Tuesday 17 th January	Tuesday 21 st March

Topics covered include:

- Communicating with your child
- Understanding their behaviour
- Discipline strategies
- Listening skills
- Coping with stress

“The course wasn’t what I expected at all. It’s shown me that I’m not alone and given me the confidence boost I needed. I’ve learned there’s no such thing as a perfect parent and my relationship with my son has grown so much stronger.”

For more information or to book, contact Sarah Greene on 07387 250094 or email sarah.greene@blackpool.gov.uk