

# Strong Families

**Ages 2-10 Years**

## What will I learn?

- How to find alternatives to shouting, nagging and feeling out of control
- How to praise and ignore unwanted behaviour effectively
- How to set and maintain limits for behaviours including bedtime problems, fussy eating, aggression, tantrums & homework battles
- What is underneath children's behaviour
- An adaptable plan for thinking about and managing new parenting challenges as they arise
- Resilient parenting



## **Who is it for?**

We know that being a parent can be both rewarding and challenging. Our courses are here to support you and to help you build a strong, secure and positive relationship with your child.

This course is an adaptation from the popular tried and tested 'Webster Stratton' behaviour management course and aimed at parents, carers and grandparents of children aged 2 – 10 years who are 19+. Free to participate.

## **Where and when will it take place?**

Courses take place at various dates throughout the year. Your course will run for a 6 week duration, you will study for 2.5 hours per week with each session building on skills from previous sessions.

## **What do I need to bring with me?**

Notebook, pen & a basic folder to keep your work in.

## **Important Information about your Course:**

The course includes group discussions and practical tasks to help you build on your strengths and give you time and space to think about any changes you want to make.

The course has personal learning outcomes that will be agreed with you which may involve completing tasks at home.

Good punctuality and attendance is essential to your success on the course.

## **How do I enrol?**

For further information or to book on this course please

contact: Manygates Adult Education Centre

Telephone: 01924 303302 | Email: [manygates@wakefield.gov.uk](mailto:manygates@wakefield.gov.uk)