

Raising Children with Confidence



Dear parent/carer

We all want our children to grow up happy, confident, secure and able to cope with life's challenges. Some children manage this better than others. Ever wondered why this is?

There is the opportunity to find out more through a 7 week course which aims to give parents and carers the chance to explore emotional well-being and best to promote it in ourselves and our children. Drawing on the latest findings and research it helps to explain why what you do makes a difference.

Over 800 parents and carers have already attended the course and 98% found it a valuable and enjoyable experience. The course draws on the latest findings and research in the field and helps explain why what you do makes such a difference!

It will be held at [the school](#) on [Monday evenings from 9th May, 6.30 – 8.30pm \(except Mon 23rd May\)](#) and cover the following topics:

1. **What is emotional health & wellbeing?** (Introductory session)
2. **Why Do Kids Do That?** (Looking inside children's brains)
3. **What's Love Got To Do With It?** (How relationships shape child development)
4. **Cotton Wool Kids?** (Helping children cope with the ups and downs of life)
5. **Staying Connected!** (Listening differently to understand better)
6. **What Makes Us, Us?** (How thoughts and feelings influence behaviour)
7. **21st Century Childhood?** (How to fit it all in, in the 21st century)

There are limited places for the course so if you are interested please fill in the reply slip below and return it to me.

Yours faithfully

Susan Cochrane
Head Teacher



please tick

I would be interested in attending the course starting on [Monday 9th May](#)

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I would be interested in attending the course at a later date

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Your contact details:

Name	
Email	
Contact number	