



Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Parenting Puzzle Workshops help deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do why we do it and how it makes us feel.

**THERE ARE FOUR 2-HOUR SESSIONS WITH A TEA AND COFFEE BREAK**

**10-20 PARENTS ARE INVITED AND THERE ARE TWO FAMILY LINKS TRAINED GROUP LEADERS**

**PARTNERS ARE WELCOME AND IT'S ALSO FINE TO COME ON YOUR OWN OR WITH ANOTHER RELATIVE OR FRIEND**

**YOU NEED TO COME TO ALL FOUR WORKSHOPS: THEY FIT TOGETHER LIKE A PUZZLE**

**YOU WILL BE PROVIDED WITH A COPY OF THE PARENTING PUZZLE BOOK TO ACCOMPANY THE WORKSHOPS.**



# Parenting Puzzle Workshops

## Workshop 1:

Understanding children's behaviour,  
Listening & communicating,  
Praise & encouragement

## Workshop 2:

Praise & guidance vs criticism,  
Child-led play & Positive moments

## Workshop 3:

Boundaries & parenting styles,  
Time Out to Calm Down,  
Dealing with stress & conflict

## Workshop 4:

Choices & consequences,  
Behaviour to ignore,  
Putting the puzzle together,  
Looking after ourselves

Make positive changes and become the parent you want to be



For more information or to book onto a workshop call Carole on 07973678837 or Lucy on 07973678827 or email; [theplacefaringdon@spurgeons.org](mailto:theplacefaringdon@spurgeons.org)

Check out  
[Familylinks.org.uk](http://Familylinks.org.uk)