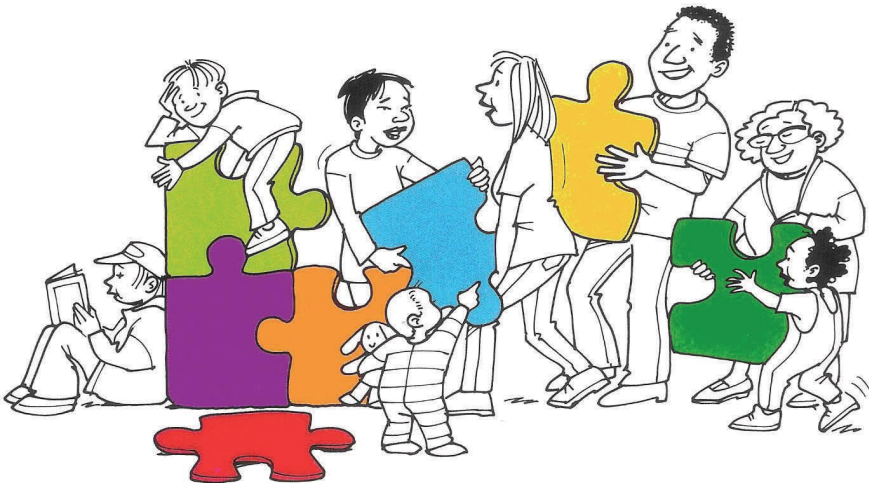




The Parenting Puzzle

How to get the best out of family life



Call us to book your place!

Leaflet created by Rawmarsh Children's Centre

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www.rawmarshchildrenscentre.co.uk

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What is The Parenting Puzzle?

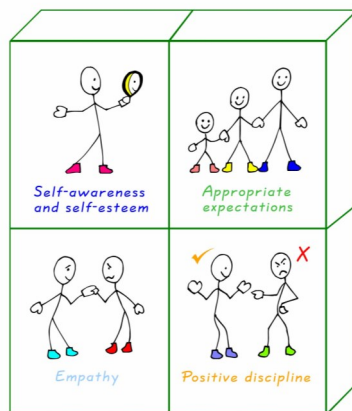
Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.



The Parenting Puzzle helps deal with those challenges so you have a calmer, happier family life.

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






The Building Blocks of The Parenting Puzzle











What does it cover?

Over the 10-week programme, you will look at lots of different topics including:

-  Understanding why children behave as they do
-  Recognising the feelings behind behaviour (ours and theirs)
-  Exploring different approaches to discipline
-  Finding ways to develop co-operation and self-discipline
-  The importance of looking after ourselves

Practical Information

-  There are 10 x 2 hour sessions with tea/coffee break
 -  8-10 parents are invited and there are 2 group leaders
 -  You need to come for all 10 sessions as the programme fits together like a puzzle
 -  Partners, friends and relatives are welcome.
 -  The Parenting Puzzle book complements and supports you on and after the course.
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Family Links

transforming schools and families

How The Parenting Puzzle has helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."



"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only 2 hours I have for myself each week."

"The atmosphere was really relaxed. No one judged anyone and everyone was listened to and respected."