

Parenting Puzzle Workshops



The Parenting Puzzle Workshops are based upon the Family Links Nurturing Programme for parents and aim to improve family relationships and children's social, emotional and cognitive development. The workshops are designed for parents with children under five and will:



- ✓ Introduce the Four Constructs (Building Blocks) for positive, constructive relationships and calm, confident parenting;
- ✓ Develop parents' understanding of empathy;
- ✓ Develop parents' understanding of the importance of listening and communication;
- ✓ Explore the power of praise and positive interaction;
- ✓ Increase parents' understanding of the power of play;
- ✓ Promote positive approaches to discipline and boundary setting;
- ✓ Develop an understanding of the importance of nurture of self and others in family relationships

For some parents the workshops will provide enough ideas and strategies to enable them to make positive changes in their family lives; for others, they may serve as an introduction to the full 10-week Nurturing Programme or as a refresher.

Workshop contents

- ✓ The workshops will cover the following areas:
- ✓ Understanding children's behaviour
- ✓ Listening and how babies and children communicate
- ✓ Praise and encouragement
- ✓ Power of play
- ✓ Boundaries and parenting styles
- ✓ Dealing with stress and conflict
- ✓ Strategies to help manage behaviour
- ✓ Looking after ourselves

Each workshop will be for 10-20 parents and facilitated by two trained facilitators. Parents will be provided with a copy of *The Parenting Puzzle* to accompany the workshops.

Training options:

£190 per person

Visit our [online training calendar](#) to see training dates around the country and book your place. Contact the Training Team for further details: training@familylinks.org.uk or 01865 401800

£2750 for a group of up to 20 Parent Group Leaders

To find out more or to book an in-house training course for your team contact Pip: training@familylinks.org.uk or 01865 401800

Prices applicable to training courses delivered on the UK mainland.

Parenting Puzzle Workshops must be delivered by two trained group leaders in order to adhere to National Occupational Standards for work with parents.

"The content is much more suited to the age range of children. The demos that used parents as the volunteer 'child' were powerful and useful, especially those on play, praise and guiding without criticising."

www.familylinks.org.uk training@familylinks.org.uk

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