



Dacorum Rural Children's Centre Group

Parenting Puzzle

Suitable for parents of children from birth to 5 years of age



During the 8 week programme we will look at lots of different topics, including:

- * Understanding why children behave as they do
- * Recognising the feelings behind behaviour (ours and theirs)
- * Improving relationships and emotional well-being within families
- * Exploring different approaches to discipline
- * Finding ways to develop co-operation and self-discipline in our children
- * The importance of looking after ourselves too!

Dates: Mondays for 8 weeks

Starts Monday 25th September to Monday 20th November 2017
(no session Monday 23rd October)

Venue: Little Hands & Little Feet Children's Centre, Berkhamsted

Time: 9.30am to 11.30am

Booking: There is no charge to attend this course, advance booking is essential as places are limited.

Please phone **01442 824407** or **01442 863554** to book.

Crèche: Limited crèche places available, please ask at time of booking.