

Time Out for Parents The Early Years

- What?** A six-session course for parents of 0-4 year olds
When? Wednesday mornings: April 25; May 2, 9, 16, 23; June 6
Where? St John's Church Centre, Fleet Road, Hartley Wintney
Time? 10.00am to 12.00 noon – coffee from 9.45am
Crèche? Limited places may be available (subject to confirmation)

*The course is led by trained facilitators **Claire Parker & Janet Hunter.***

There is no charge for attending. Participants are invited to make a voluntary contribution to cover the costs and we suggest £25 per parent. This includes a copy of the course handbook (otherwise charged at £7.50). Tax payers can Gift Aid their contributions. Those who can't afford it can pay less or come for free without embarrassment.



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**A 6-session course for parents of 0-4 year olds
Wednesdays 10am – 12noon starting 25th April
St John's Church Centre, Hartley Wintney**



Positive Parenting's 'Time Out' courses provide lots of information and ideas to help you engage with your children and boost your relationship. Each week, as you try out new strategies at home, you'll find your skills developing and your confidence increasing. Over the six weeks of the course, you'll discover fresh approaches which will help to reduce your stress and improve your family life.

- Session 1: Expectations and realities of parenting
- Session 2: Children's needs
- Session 3: Play and listening
- Session 4: Parenting styles and boundaries
- Session 5: Discipline and safety
- Session 6: The wider family



**To book a place (or for further details)
email parenting@stjohnshw.org.uk
or telephone 01252 842215 – ext'n 25**

Book by email to parenting@stjohnshw.org.uk

Positive Parenting is part of **Care for the Family**, a registered charity (number 1066905)

Positive Parenting courses are designed for parents of all faiths and none
Courses at St John's are open to all as part of the church's service to the community