



Dear Parents and Carers,

We have recently had a significant number of requests from parents for support with regards to supporting their child with behaviour, routines, wellbeing, sleeping, grief and anxiety.

We have therefore prioritised and extended our offer of Parent Courses.

We currently offer:

### **Time out for Parents – Primary Years**

*6 weeks course (90mins virtual sessions via Teams)*

This is an invaluable course and concentrates on child development and the impact of this and external factors on their children's behaviour and emotional wellbeing. It is a realistic approach to parenting in today's world. It focuses on self-esteem, developing positive relationships, boundaries and discipline, it promotes attachment through play and attention. The course aims to support parents to develop sustainable support systems that can have a positive impact throughout a child's development into adulthood.

### **Handling Anger in the Family**

*4 weeks course (90mins virtual sessions via Teams)*

This is a fantastic course for parents who want to help their children discover new ways to manage their feelings. Anger is a completely normal feeling and this course looks at children's triggers and calming strategies that can be used in the home or anywhere.

### **Helping Children Deal with Loss and Grief**

*4 weeks course (90 mins virtual sessions via Teams)*

This course is provided by Grief Recovery Method UK and is a globally recognised programme for parents, carers, friends and professionals who want to help children deal with all kinds of losses including bereavement, pet loss, family separations, school and house moves, fall outs and disappointments.

These courses have run previously at Dowson and the feedback has been exceptional.

To find out more or to book your place on any of the above sessions - please contact me in school on 0161 366 0177 or email me on [m.ashley@dowson.tameside.sch.uk](mailto:m.ashley@dowson.tameside.sch.uk)



# DOWSON PRIMARY ACADEMY

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In addition to this, we will be offering virtual “Parent Workshops” on Monday mornings 10-11am to discuss any aspect of parenting or concerns you have. The topics of these sessions will be determined by parental interest/request. Please contact me as above to book on and let me know what aspect you are interested in.

I will send more details based on the amount of interest per course/workshop.

In addition to these sessions we have provided many links to parent courses and advice in our Lockdown Library on the school website. These include free parent courses provided by the Tameside Parenting Team. Please do not hesitate to contact me if you require further support or information with regards to accessing these.

I look forward to hearing from you

Michelle Ashley

Inclusion Co-ordinator

