



TAP – IN SESSIONS

Free and stand alone information sessions for parents and carers on a range of topics.

Join us with Thinking About Parenting and TAP in to.....

New dates to be announced with new topics...

- **Parenting Foundations**

Exploring the importance of communication, boundaries, praise and appropriate discipline for our family life and relationship with our children

- **Bullying Awareness**

What is the impact of bullying on children? Why might children bully? What can we do to support them

- **Emotionally Based School Avoidance**

What it is, why it happens and how to seek help and provide support to our young people

These will be joining our existing topics

- **Digital Safety**
- **Parental Emotional Wellbeing**
- **Ages and Stages**

- **Parenting and Autism**
- **Parenting and ADHD**



All sessions held online - link will be sent out 1-2 days before session via email

**FOR MORE
INFORMATION OR
TO JOIN NOW**

Beth Gilbey

07394 865 980

**bethany.gilbey@southwark.gov.uk
earlyhelp@southwark.gov.uk**



TAP – IN SESSIONS

Free and stand alone information sessions for parents and carers on a range of topics.

Join us with Thinking About Parenting and TAP in to.....

Thursday 18th Sept

10am

MS Teams

[Parenting and Autism](#)

Tuesday 30th Sept

10am

MS Teams

[Parenting and ADHD](#)

Tuesday 14th Oct

10am

MS Teams

[Ages and Stages](#)

Tuesday 21st Oct

10am

MS Teams

[Parental Emotional Wellbeing](#)

Thursday 6th Nov

10am

MS Teams

[Bullying Awareness](#)

Tuesday 11th Nov

10am

MS Teams

[Emotional Based School Avoidance](#)

Tuesday 18th Nov

10am

MS Teams

[Digital Safety](#)

Thursday 27th Nov

10am

MS Teams

[Parenting Foundations](#)

Friday 5th Dec

10am

MS Teams

[Parenting and ADHD](#)

Tuesday 9th Dec

10am

MS Teams

[Parenting and Autism](#)

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**TO REGISTER FOR A PLACE
[CLICK HERE](#) OR CONTACT**

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TAP – TOGETHER

FOR THIS TERM WE PROUDLY OUR PARENTING SESSIONS AS A FULL GROUP PROGRAMME

All the information from the sessions with the added benefit of a group support dynamic

A great opportunity to learn about specific areas of parenting, with other parents and share experiences TOGETHER!

8 Sessions will be held online in the evenings and run fortnightly covering a different topic each sessions

TAP-Together includes

- Ages and Stages
- Parental Emotional Wellbeing
- Digital Safety
- Parenting Foundations
- Bullying Awareness
- Emotionally Based School Avoidance

Plus access to our Reducing Parental Conflict information and support



STARTING SEPT 25

WEDNESDAY EVENINGS 6-8PM

ONLINE

**Please contact
Tara Long**

07513 713 090

**Tara.Long@southwark.gov.uk
earlyhelp@southwark.gov.uk**