

Each of the following FREE EVENING sessions brings together parents who are experiencing similar problems and here you will receive simple strategies and tips that will make a huge difference at home!

Getting your Child into Bed (and staying there for the night!) (2-12) Explores common bedtime problems, why they happen and how to prevent them. This unmissable session Includes information around parent traps, creating your own bedtime routines and managing problem behaviour.

Thursday 7th January 6:30-8:30pm

Dealing with Disobedience (Getting Your child to Listen) (2-12)

All children misbehave at times and we all face those moments when children will not do as they are told. This very popular session helps parents to teach their children limits, do as they are told and understand the meaning of the word No.

Wednesday 27th January 6:30-8:30pm

Managing Fighting and Aggression (2-12)

When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Monday 25th January 6:30-8:30pm

Challenging Behaviour in Public (Hassle Free Shopping) (2-12)

Positive parenting strategies are discussed as step by-step suggestions for preventing problems and teaching children how to behave when out and about. Parents develop personalised plans to manage problem behaviour and are encouraged to use them in potentially difficult community situations.

Tuesday 19th January 6:30-8:30pm

To book onto any of these sessions email info@openforparents.org.uk. We will then send you the Microsoft Teams link to join in.