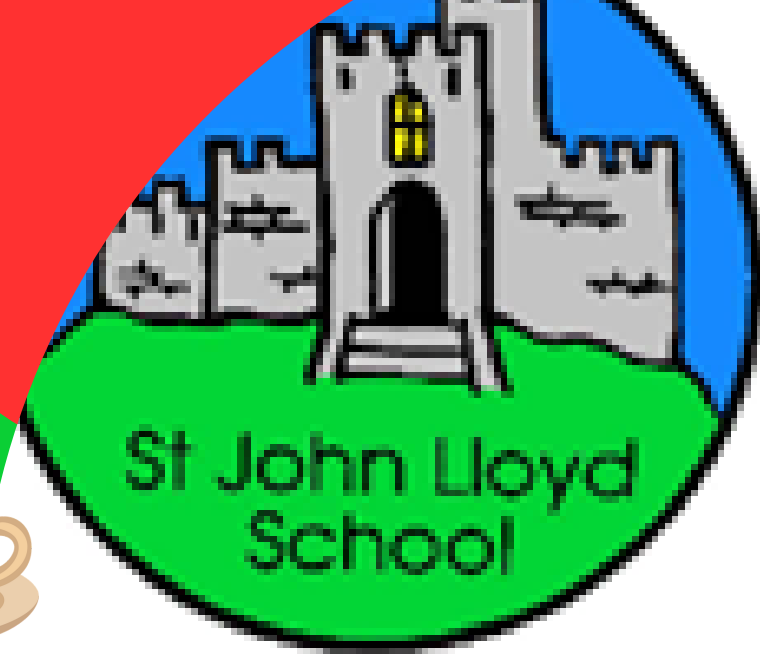


Fantastic Opportunity!

Are you a parent/guardian with concerns regarding behaviour and your child's emotional wellbeing? This 10 week accredited course will support you in exploring why behaviours occur and practical ways to support both yourself and your child through different stages of their development. Come and meet other parents in a confidential, calm and nurturing group.



Book your place TODAY! Contact the Office or see Mrs Davies



"The whole experience has opened my eyes as a person and father/husband to what I was not doing as a father/husband and I'm glad I have realised these things"

PARENT NURTURING PROGRAMME

Parent Nurturing Programme from Family Links believes that children are rewarding, stimulating and fun although looking after them can be stressful and challenging. The Parent Nurturing Programme helps deal with these challenges so that you can have a calmer, happier family life. The Parent Nurturing Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives, which contributes to learning.

*All Children have the right to life and to grow up to be healthy
— Article, 6 UNCRC*



Cardiff Parenting are offering the Parent Nurturing Programme for families living in Cardiff

Over the 10 week course you will look at topics including:

- Understanding why children behave the way they do.
- Recognising the feelings behind behaviours (ours and theirs).
- Exploring different approaches to discipline.
- Finding ways to develop co-operation and self-discipline in children.
- The importance of looking after and nurturing ourselves.

Starting on:

**Monday 14th September 2026
9.00 – 11.15**

In:

**St John Lloyd R.C Primary School, 41
Brynala Way, Rumney, Cardiff, CF3
1SY**

Contact us to book your place!

For further information please contact

Julie - 07816283490

