



TIME OUT FOR PARENTS – THE PRIMARY YEARS: OVERVIEW OF THE COURSE



Where: Linby cum Papplewick Primary School

When: Thursday mornings 9:00-11:00am - 30th April, 7th, 14th, 21st May, 4th, 11th June

SESSION 1: What being a parent is really like.

The first session is about getting to know each other a little, reflecting on our experiences so far and thinking about the ups and downs of parenting.

We will discuss how all children are different with unique personalities and abilities. Also, we will begin to recognise our children's temperaments and consider how we can better work with, rather than against, them.

AND – we'll drink nice coffee and eat biscuits – every week ☺

SESSION 2: Children's needs

In Session 2 we will look at how we can raise emotionally healthy children in a society that makes this increasingly difficult. We will explore the 5 Love Languages and consider how we can express love to our individual children. We will also introduce the concept of 'Emotional Bank Accounts' and how we can maintain our children's emotional security.

SESSION 3: Feelings and Listening

This week we'll consider the power of words. We will look at how we can support children in handling their emotions and expressing their feelings in helpful ways. We will also look at active listening and how we can 'get alongside' our children by being good quality listeners.

SESSION 4: Boundaries and Parenting Styles

In this session we will consider the benefits and challenges involved in setting boundaries for children and think about what 'loving discipline' looks like.

We will also consider our own parenting styles and look at the key elements of positive parenting.

SESSION 5: Keeping Children Safe

This week we will look at how we can encourage and equip our children to make positive choices and consider the need for some non-negotiable rules.

We will also consider physical and emotional safety, as well as the internet, the online world, TV, films, computer games and other media.

SESSION 6: Building Strong Families

In this last session we will think about the importance of finding ways to meet our own needs as parents.

We will look at ways of handling and responding to conflict and finally identify ways in which we can forge strong family bonds.