

The Parenting Puzzle

4 weekly workshops for
parents and carers of
children 0-5 yrs.



Wednesdays starting 13th November 9:30-11:30a.m.
At Cheylesmore Community Centre,
Arundel Road, CV3 5JL

The Parenting Puzzle from The Centre for Emotional Health is a programme for parents and carers that supports you to nurture your children and understand their behaviour and development.

Topics covered include:

- The Art of Listening and How We Communicate
- Giving Praise
- Helping Children to Manage Big Emotions
- Praise and Criticism
- Child-led Play
- Boundaries
- Handling Anger
- Choices and Consequences
- Behaviour to Ignore

For more details or to book:

Please email parenting@coventry.gov.uk
or visit www.coventry.gov.uk/parenting

