

Virtual Parenting Puzzle Nurture course



**Your guide to a happier
and calmer family life.**

- **Starting Thursday 23rd January 12- 2p.m.**
- **For 4 weekly sessions via Microsoft Teams**

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

