

Find out more about raising happy, secure, and well-behaved children

Join our free, friendly and supportive course –
‘Positive Family Foundations’

This course is for

All Coventry parents and carers with children aged 0-10

What we do

- share information about child development and parenting styles
- give out practical resources and activities
- provide a welcoming and inclusive group
- have a drink and a snack

Where /when it is

Hearsall School, Earlsdon, 1-3pm
or

Telfer Road Adult Education Centre, Radford, 6-8pm
Every Tuesday from 16th September (the course is the same in each venue so chose the best time slot for you. Attend the same venue each week.)

How to join

Scan the QR code to enrol or enrol online at
<https://coventry.gov.uk/adulted>



To find out more email aeslifeskills@coventry.gov.uk

***Assume you have a place unless you hear from us ***



"It was great to listen to other parents. There were lots of ideas on the course - I found the section on Emotion Coaching really helped at home."

Find out more about raising happy, secure and well-behaved children

Join our free 10-week online course

'Positive Family Foundations'

free
online
course

This course is for

All parents and carers with children aged 0 - 10 in Coventry

What you'll learn

How children develop with practical examples to support behaviour, well-being and mental health

What we do

- email you a new 30-minute course video each week
- give you digital resources to help your learning
- answer any questions you've got by email

Where it is

A pre-recorded online course to watch where and when you like

When it is

Online, from Monday 15th September for 10 weeks

How to join

Scan the QR code to enrol



View all Family Learning courses and enrol online at www.coventry.gov.uk/adulted



'I found out loads of different ways to help my son feel calmer'

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Positive Family Foundations is a supportive, nurture-based parenting programme based on understanding how children and their carers interact, and what children need to help them thrive. It is an evidence-based programme which is recognised by social workers, Family Courts, and the Coventry Positive Parenting team.

We base the course on the principles of PACE - Playfulness, acceptance, curiosity and empathy <https://ddpnetwork.org/about-ddp/meant-pace/>

Positive Family Foundations is free for all parents with children aged 0-10 years old – if they want help to cope with challenging behaviour, or to just understand more about children's development. We use ideas around brain development, attachment theory, sensory needs, and emotional regulation to help parents / carers understand and support their children's development. Techniques such as Emotion Coaching are covered to encourage parents to understand how they can calmly and positively influence behaviour.