



Life Education Centre Nottinghamshire



Feel Good Families on ZOOM

Find out the 10 secrets of successful and enjoyable parenting

Understand more about mental wellbeing

Help your children make healthy choices

Talk to other parents about the joys and pains of parenthood

Learn some positive ways to manage behaviour

coram  **Life Education** | Delivery Partner

HAVE FUN!

Come and join us on Wednesday afternoons via ZOOM at 1.00 – 2.30 pm

All mums, dads, grandparents and carers welcome.

A virtual workshop, delivered by our existing, highly trained and DBS-checked tutors, using the online platform Zoom.

Week		Session	What's it all about?
1	Feb 3 rd	Introduction	About the course The attention switch Ignoring undesirable behaviour
2	Feb 10 th	Increasing desirable behaviour	Positive things about being a parent Giving positive attention, attends and praise Understanding behaviour reinforcement
3	Feb 24 th	Decreasing undesirable behaviour	Solving Problem Behaviours (ABC of Behaviour). Giving effective commands Time out, withdrawal of privileges, use of rewards
4	March 3 rd	Behaviour management	Children's rights and responsibilities Connection between thoughts ,feelings and behaviour Managing anger Peaceful Problem Solving
5	March 10 th	Children's health and wellbeing	What does healthy mean? Common eating and sleeping problems : sharing tips on how to solve them
6	March 17 th	Drug awareness	What is a drug? Talking to your children about drugs and ways to help prevent future drug misuse
7	March 24 th	Aromatherapy	Introduction to aromatherapy oils and their benefits. Hand massage
8	March 31 st	Stress management	What is stress? Understanding coping strategies 5 ways to emotional well-being

If you would like to **come and join Feel Good Families, on ZOOM** please **phone** school or send a **text** reply by **Wednesday 27th January**



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