



# From Pram to Primary

Parenting small children  
from 0-6 years

How do you cope with all the pressures of daily living and still meet small children's need for affection? What do you do with children who won't eat or sleep or co operate? How do you help children grow in confidence and self-esteem?

This 6 week course offers fresh ideas, and common sense suggestions to support parents

7-9pm Thursday evenings

On

January 28th, February 4th, 11th,  
25th, March 4th and 11th

For more details and to book  
please contact: Julie Lannon or Helen  
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