



The Parenting Puzzle

How to get the best out of
Family Life

For parents of children aged 5-12

Also known as The Nurturing Programme, this 10 week course helps improve relationships and emotional well-being within families. It builds on the skills parents already have and suggests lots of ways to improve family life and manage the behaviour of children.

The programme will help parents to:
Recognise the value of consistency and set clear boundaries
Maintain positive discipline
Respect their own and their children's emotional needs
Become a more confident, understanding parent
Value and nurture themselves as parents and carers

Monday 24th, 31st January
7th, 14th and 28th February (not 21st half term)
7th, 14th, 21st, 28th March
4th April

7pm-9pm

Inclusion Base, Hertswood Lower School,
Cowley Hill, Borehamwood WD6 5LG

To book your place please contact
District Partnership Team
01438 843030
Admin_dpteamcentral@hertsc.gov.uk

