

# Every Parent Matters

## Parent Education & Support

Love comes naturally to most parents, but everyone faces difficulties at some point or another—from babies who won't sleep at night and toddlers who throw tantrums, to unruly teenagers.

Skills such as reflective listening or positive discipline can be taught and learned. These can change your view of parenting and help you understand why teenagers behave as they do.

We would like to invite you to attend a parenting course which will be held at St Hilda's C.E High School. The course will consist of 6 weekly sessions, each lasting between one and a half and two hours. The course will be based on the Family Caring Trust's "Parenting Teenagers"

**The sessions will be informal and confidential. They are a good way of sharing your concerns and reassuring you that your teenager is like lots of others!**

Classes will be lead by —  
Mrs Ann Dennis  
Trained Parenting Facilitator.

Classes are free and will commence at the beginning of Spring term in January. We have a limited number of places available so please call Miss Kelly on 0151 733 2709 or email: [Jkelly@st-hildas.com](mailto:Jkelly@st-hildas.com) for more information and to book your place.



If you're brave enough to admit that you don't know absolutely everything there is to know about raising children and would welcome some support and advice, then please come along to these classes.

What you'll learn

Classes give support and advice on bringing up children, including:

- How to handle behavioural problems
- How to encourage teenagers
- Managing conflict
- How to discipline teenagers

You'll also have the chance to:

- Meet other parents
- Reflect on how you're bringing up your teenager
- Think about how your parents dealt with you
- Discover new skills to make family life happier



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