

# Being a Parent Course

## Parenting is not always easy

The 'Being a Parent' course is led by parents who know parenting can be both rewarding and challenging.

On this course, mums and dads share tips and experiences that help to build strong relationships with their children.

**Courses starting online 20<sup>th</sup> and 21<sup>st</sup> January**

### Key topics covered on the 9 week course:

- ✓ Communicating with your child
- ✓ Understanding behaviour
- ✓ Discipline strategies
- ✓ Listening skills
- ✓ Setting boundaries
- ✓ Coping with stress

A free course for parents of children aged between 18 months and 11 years.

For more information or to book onto the course, contact **Sarah Greene** on **07387 250094** or email **[sarah.greene@blackpool.gov.uk](mailto:sarah.greene@blackpool.gov.uk)**

**A course run by parents for parents**