



# 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

Have a bit of time-out with a cup of tea and a chat

**coram**  **Life Education** | Delivery Partner

Full attendance voucher to spend

**Come and join us on Wednesday afternoons via ZOOM at 12.30 – 2 pm**

All mums, dads, grandparents and carers welcome.

Week		Session	What's it all about?
<b>1</b>	25 <sup>th</sup> Nov	Increasing desirable behaviour	Positive things about being a parent The attention switch Giving positive attention Understanding behaviour reinforcement
<b>2</b>	2 <sup>nd</sup> Dec	Decreasing undesirable behaviour	Solving Problem Behaviours (ABC of Behaviour) Giving effective commands Time out, withdrawal of privileges, use of rewards Peaceful Problem Solving
<b>3</b>	9 <sup>th</sup> Dec	Children's health and well-being	What does healthy mean? Common eating and sleeping problems : sharing tips on how to solve them
<b>4</b>	16 <sup>th</sup> Dec	Stress management	What is stress? Understanding coping strategies 5 steps to mental well-being

If you would like to **come and join Feel Good Families, on ZOOM** please return this completed slip to your child's class teacher:

Child's name:		class:	
Your name:			
Telephone:			
Please can we have your email address to send you the invitation			



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