



# Triple P Parenting Course for Parents and Carers with 1-10 year-olds

Parenthood can be extremely rewarding, enlightening and enjoyable. It can also be demanding, frustrating and exhausting.

- Do your children take no notice of what you say?
- Do you spend more time telling them off than having fun with them?
- Do your children argue or fight all the time?
- Do you need a confidence boost because you're unsure if you're 'doing it right'?
- Do you and your partner have different parenting styles?
- Are you worried about your child's behaviour, anxiety or learning?
- Do you have at least one child aged under 5 years in your family?

**Monday 12<sup>th</sup> November 2018 to Monday 10<sup>th</sup> December 2018**  
**12.45 pm to 2.45 pm**

**Starlings Children's Centre (Same site as Colleton Primary School)**  
**Colleton Drive**  
**Twyford**  
**RG10 0AX**

**Facilitated by Heidi Stevenson & Archana Kakar**

***Strengthening Families through Positive Parenting***

Places cost £650 per parent but we have 12 free sponsored places limited to Wokingham Borough Council Tax Payers only. To book, or for more information, please email

[Heidi.stevenson@wokingham.gov.uk](mailto:Heidi.stevenson@wokingham.gov.uk) or call 0118 908 8185 Families must be registered at a WBC Children's Centre to qualify.