



Guildford Family Centre

Believe in
children
 Barnardo's

Guildford Family Centre

Parenting Puzzle

4 week virtual course

Online via ZOOM

Understanding

why children behave as they do

Recognising

the feelings behind behaviour (ours and theirs)

Exploring

different approaches to discipline

Finding ways to develop co-operation and self-discipline in children

Learning the importance of looking after ourselves



Parenting Puzzle helps families deal with challenges in parenting so they can have a calmer and healthier family life

**Book your space or if you have any questions about this course,
please email: receptionfc@guildfordnsc.surrey.sch.uk
or call: 01483 510570**



 [@GuildfordFamilyCentre](https://www.facebook.com/GuildfordFamilyCentre)

familylinks.org.uk

 **FAMILY
LINKS**