



POSITIVE PARENTING STRATEGIES PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR "HOW TO..." PARENTING WORKSHOPS

Session One: How to Run a Family Meeting:

- Improve your relationship with your children
- Communicate better as a family
- Strategies to collaborate with your children on establishing and maintaining family rules and boundaries

Session Two: How to Respond to Tantrums

- Difference between meltdowns and tantrums
- Helpful responses to your own, and your children's, big feelings

DATE: Tuesday, 2nd May (Session One)
Tuesday, 20th June (Session Two)

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom) - Please note: this session will not be recorded

COST: FREE!

For more information, contact:

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Register once to attend one, or both, sessions

Use the QR code or this link:

<https://forms.office.com/r/sKzd9yFC7Q>



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