



**Children are rewarding, stimulating and fun, but looking after them can sometimes be stressful and challenging.**

**Our group will help you deal with those challenges, so you have a calmer, happier family life.**

Over 10 weeks we will talk about lots of different things,  
Including:

- Understanding why children behave as they do.
- Recognising the feelings behind behaviour.
- Exploring different approaches to discipline.
- Finding ways to develop co-operation and self-discipline in children.
- The importance of looking after ourselves.
- A chance to share ideas with others.

**This course is eleven 2 hour sessions run by our prevention workers Alexa and Charlotte – it includes refreshments...**

**Start Date:** Wednesday 26<sup>th</sup> February 2020

**Time:** Every Wednesday 12.30-2.30pm (term time only)

**Venue:** St Hughes Centre, Coach Road, Baildon BD17 5HS

**For more info/to be go on the waiting list please ring  
01535 618005.**

**Keighley & Shipley Family Hub**