

# The Parenting Project

A Survival Guide for Parents



## **FREE** 3 Part Course aimed at Parents & Carers

Taking place at the **Dorchester Children's Centre,**  
**Middle Farm Way, Poundbury, Dorchester DT1 3WA**

Open to anyone 18 or over who lives in Dorset, (including 16-18 year old parents)

To book a place **01202743279** or email [Jane.keyworth@edasuk.org](mailto:Jane.keyworth@edasuk.org)

**All sessions run 9:30-12:30**

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|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Day 1</b><br><b>07/05/2020</b> | How to communicate more effectively with children, especially teenagers. How to speak so that they listen and listen so that they speak. |
| <b>Day 2</b><br><b>14/05/2020</b> | Understanding self-esteem and how it underpins motivation.<br>How to support your child's self-esteem.                                   |
| <b>Day 3</b><br><b>21/05/2020</b> | An introduction to understanding Anxiety and Anger. How to support children with calming techniques.                                     |

