

Time Out For Parents



The Primary Years

Sessions for anyone parenting children aged 5 to 11

Dates

Tuesdays, 9.00am -11.00am

Session 1 - 3/11/26

Session 2 - 10/11/26

Session 3 - 17/11/26

Session 4 - 24/11/26

Session 5 - 1/12/26

Session 6 - 8/12/26

Venue - New Milton Infant School

To book a place or for more information

Contact: Rachel Baker (Family Support Worker)

Tel:10425 610568

E-mail - r.baker@nmis.hants.sch.uk



Common sense, jargon-free information and ideas to help
you to engage with your children and boost your relationship



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Time Out For Parents The Primary Years

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 to 11, then *Time Out for Parents – The Primary Years* is for you. Over six sessions, you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your child even better.

The sessions

- Session 1** What being a parent's really like
- Session 2** Children's needs
- Session 3** Feelings and listening
- Session 4** Boundaries and parenting styles
- Session 5** Keeping children safe
- Session 6** Building strong families



Care for the Family Tovey House, Cleppa Park, Newport NP10 8BA
Tel (029) 2081 0800. www.cff.org.uk

Care for the Family – a Christian response to a world of need.
A registered charity (England and Wales: 1066905; Scotland: SC038497).

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