

## Power of Parenting Programme

Come along and have a cuppa and a chat with other parents in an informal, supportive and relaxed atmosphere.

**Being a parent is one of the toughest jobs in the world.**

**Parents are teachers, carers, guides, leaders, protectors, providers and motivators for their children.**

**POPP aims to build on parenting skills, increase confidence and further develop strategies to guide, nurture and encourage positive behaviours in children.**

**Parents, extended family members and friends are all welcome**

As parents we often call upon extended family members and close friends for support in caring for our children.

Children learn very quickly how to play one adult off against the other so it is important to have a consistent ap-

If you are interested in taking part in POPP, you can book a place by completing a reservation slip which are available at the main office.

POPP consists of 3 sessions and is lead by

Jackie Harris & Car- Learning Mentors mel Perry

Over the past 5 years POPP has grown in popularity with over 175 people accessing sessions. Here are just a few comments from those who have taken part.

Attending POPP prompted us to make changes to how we deal with challenging behaviours at home. I'd like to take part in future courses to support my child's wellbeing and would recommend POPP to other parents.

Y3 Parent

A very friendly course and a real eye opener. It's helped a lot with communication and the way to speak to our children, we are a lot calmer and happier at home.

Y5 Parent

I felt reluctant to attend POPP, I thought I might have been made to feel intimidated and a failure as a parent, in fact it has been completely the opposite, it has been a breath of fresh air and very informative.

Reception Parent

The course has helped me change my approach to my child's challenging behaviour, I now understand that my child struggles to explain their feelings and expresses them through their behaviour.

Y1 Parent