

Raising Children with Confidence



Dear parent/carer

We all want our children to grow up happy, confident, secure and able to cope with life's challenges. Some children manage this better than others. Ever wondered why this is?

We are holding an open introductory session for you to find out more. This will be held at the school on [Wednesday, 9th of May, 9.00 – 10.00 am](#) and everyone is welcome to attend.

At the event, there will also be the opportunity to sign up to a 6 week course which aims to give parents and carers the chance to explore emotional well-being and how to best promote it in ourselves and our children. Over 800 parents and carers have already attended the course and 98% found it a valuable and enjoyable experience. The course draws on the latest findings and research in the field and helps explain why what you do makes such a difference! It will be held at [the school](#) on [Wednesday mornings, 9.00 – 10.30 am](#), from [16th of May](#) and cover the following topics:

1. **Why Do Kids Do That?** (Looking inside children's brains)
2. **What's Love Got To Do With It?** (How relationships shape child development)
3. **Cotton Wool Kids?** (Helping children cope with the ups and downs of life)
4. **Staying Connected!** (Listening differently to understand better)
5. **What Makes Us, Us?** (How thoughts and feelings influence behaviour)
6. **21st Century Childhood?** (How to fit it all in, in the 21st century)

If you would be interested in attending the introductory session to find out more please fill in and return the slip below.

Yours faithfully

Rhian Chapman
Depute Head Teacher

✂

please tick

I would be interested in attending the introductory session on [Wednesday, 9th of May](#)

I am unable to attend the introductory session but would be interested in attending the six week course starting on [Wednesday 16th of May](#)

Your contact details:

Name	
Email	
Contact number	