

Step by Step team leader, Margaret McInnes is delivering the Care for the Family, Time Out for Parents course, which aims to provide parents with the advice and tools needed to strengthen their relationships with their children.

The first course has proved popular and there is talk of repeating it again in the new year.

TIME OUT FOR PARENTS



THE EARLY YEARS

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 under 5, then *Time Out for Parents – The Early Years* is for you. Over 6 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** Play and listening
- Session 4** Parenting styles and boundaries
- Session 5** Managing behaviour and safety
- Session 6** Building strong families



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