With many children returning to school from 9th March 2021 we can expect a few teething issues. Changes in routine are one of the key triggers to problem behaviour - join one of our online webinars to learn skills to make this new start as successful as possible.

ONLINE PARENTING SUPPORT

Getting your Child into Bed (and staying there for the night!) (2-8)

Successful bedtime routines may have been tricky during lockdown, but sleep is VERY important to both children and parents. It ensures that the child can learn and grow. This session Includes information around parent traps, re-establishing bedtime routines and managing problem behaviour.

Thursday 4th March 6:30-8:30pm Monday 15th March 10-12pm

Dealing with Disobedience (2-8)

All children misbehave at times and we all face those moments when children will not do as they are told. This very popular session helps parents to teach their children limits, do as they are told and understand the meaning of the word No.

**Friday 5th March 12-2pm   Friday 12th March 12-2pm
Tuesday 23rd March 12-2pm**

Managing Fighting and Aggression (2-8)

When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Tuesday 9th March 6:30-8:30pm   Thursday 25th March 12-2pm

<u>Challenging Behaviour in Public (Hassle Free Shopping)</u> (2-8)

Positive parenting strategies are discussed as step by-step suggestions for preventing problems and teaching children how to behave when out and about. Parents develop personalised plans to manage problem behaviour and are encouraged to use them in potentially difficult community situations.

Tuesday 16th March 6:30-8:30pm

<u>E-SAFETY</u> (2-10)

Children are learning more and more about the internet at a young age with 55% 3-4 year olds having access to tablets and the internet. With these rising figures, children are increasingly vulnerable to online dangers. This session will teach you how to talk to your child about E-Safety, screen time and gives lots of useful tips and tricks on how to keep them safe online.

Thursday 18th March 6:30-8:30pm

To book onto any of these sessions email:info@openforparents.org.uk.