

Aileymill Positive Parenting

Express Yourself

Find out ways to help your child understand and cope with their emotions.

Friday 9.30 –9.45 Tea and Chat (biscuits provided) 9.45 – 11.00 Workshop

Here are the sessions and dates. We would love to see you at all the sessions, but feel free to come to any that you can manage or any that take your fancy.

15/02/13	What is emotional literacy? Why is it important?	Come along to find out what the programme is about. This session is a practical and informative introduction to understanding your child's emotional needs.
22/02/13	Activity session.	Practical tips and resources for use at home.
01/03/13	Emotional well-being.	Think yourself happy! The power of positive thinking.
08/03/13	Building confidence and self-esteem.	Ways to encourage confidence in your children.
15/03/13	Managing Feelings	Giving your child the tools to deal with different emotions.
22/03/13	Dealing with change.	Help children cope with small and big changes in their lives.

Sessions will take place in the school. For further information please contact the school.
Angela McPate (Home Link) Heather Johnston (Nurture Teacher)