



HERTSMERE
LEISURE

Sure Start
Children's Centres



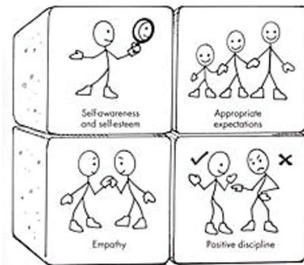
What is Parenting Puzzle?

A course for parents and
carers with children
aged 3 - 8 years

Daytime with crèche and
evening courses available

What will you learn?

- Self-awareness and self-esteem and new ideas for improve family life for all.
- Empathy, understanding and imagining how someone else feels. Empathy is the cornerstone of stable, calm, kind relationships.
- Appropriate expectations of each child's individual development.
- Positive discipline strategies to motivate children who are already behaving well and to modify undesirable behaviour with ideas such as praise, choices & consequences, rewarding a child for effort and fair, firm, kind, consistent boundaries.
- We use visual boards to help you understand.



It encourages parents and carers to enjoy bringing up children and to get the best out of family life.

For more details of a course running near you please contact:-
020 8386 4038 for courses in Borehamwood and Shenley
01707 850 566 for courses in Potters Bar
020 8950 1112 for courses in Bushey and Radlett
01923 268 105 for courses in Abbots Langley
01923 673 698 for courses in Park Street & St Stephens

www.hertsmere-children.co.uk

Hertsmere Leisure is a registered Charity. Charity Number 1093653