

Time Out for Parents

The Primary Years



Because kids don't come with a manual!!

Parenting is the hardest job in the world
and we could all do with a bit of help and
encouragement.

Family Matters York is holding a five-session course for
parents of primary school children giving us "time out" to
think about:

- ❖ helping your child to be happy at home and school
- ❖ managing difficult behaviour
- ❖ your own issues

Dates : Tuesdays 13, 20, 27 November 4, 11 December

Time: 12.45 – 2.45pm

Venue: New Earswick Children's Centre,
Hawthorn Terrace, New Earswick, York. YO32 4BY

To book a place or for any further information please
contact Helen Atkinson on 07393 147259
or email helenatkinson@fmy.org.uk

You don't have to instil fear
into your children to get them
to behave – I don't want my
kids to be scared of me so
now I'm doing it differently.

famiily
matters_york