

Dear Parents/Carers

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six week programme that reveals practical tips and techniques for parents who want the best for their children.

The programme costs £250 per parent but we have secured **20 places for free** for parents at **Bellenden Primary School**. These places are awarded on a first come first served basis and all parents are welcome to apply.

The Parent Gym workshops are each two hours, and will take place in the spare reception class room on the following dates:

**Taster – Tuesday 16<sup>th</sup> October at 9am (45 mins)**

Get to know Parent Gym

**Tuesday 30<sup>th</sup> October from 9am-11am**

Chat – 2 hours – Help your family talk and listen to each other

**Tuesday 6<sup>th</sup> November from 9am -11am**

Love – 2 hours – Build self-esteem and independence through secure attachments

**Tuesday 13<sup>th</sup> November 9am-11am**

Behave – 2 hours – Bring calm and order to your home

**Tuesday 20<sup>th</sup> November from 9am-11am**

Care – 2 hours – Looking after ourselves and our families

**Tuesday 27<sup>th</sup> November from 9am to 11am**

Discover – 2 hours – Support your children to learn and explore

**Tuesday 4<sup>th</sup> December from 9am -11am**

Together – 2 hours – Look to the future and recapping key techniques

To **confirm** your place, please speak to Ann Marie Gittens-Obika or one of the staff in the office.

We look forward to hearing from you.