

# How to sign up

Speak to :

Ann Marie Gittens

or call:

020 7732 7107

Sessions will be running on:

TUESDAY 9:00 AM

from the:

16/10/2018

at:

Bellenden Primary School

Come along to a Taster session to try it out:

Spare Reception Class Room



Your name:

Mobile number:

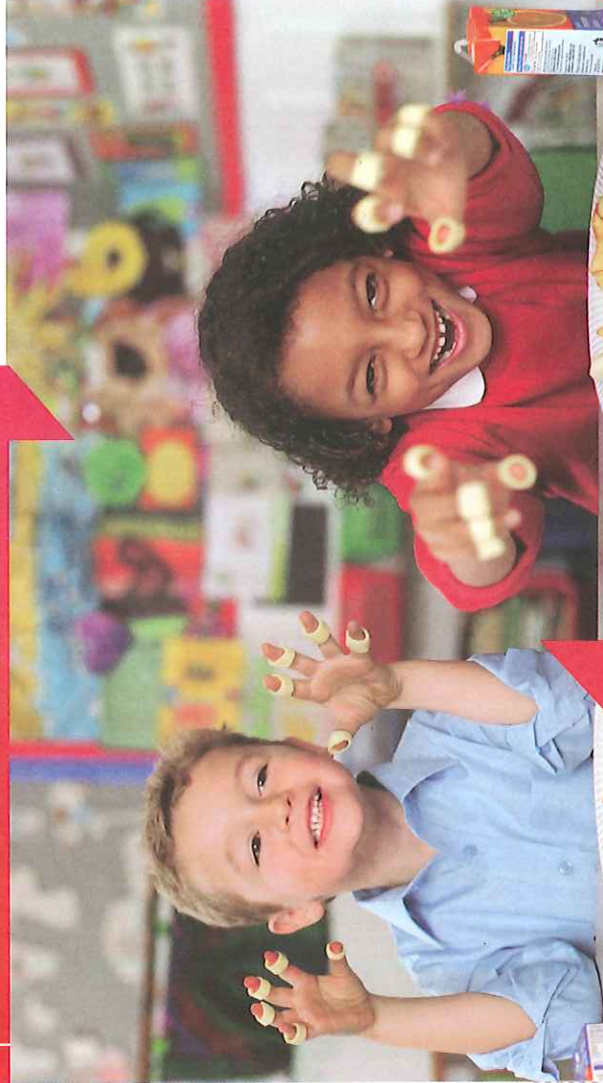
What is the one parenting question you'd most like answered:

Parent Gym and our coaches will use your details to administer the programme, to notify you of any changes or cancellations etc and to communicate with you about the programme. Your contact details may also be shared between Parent Gym and the school/centre hosting the programme, so that either party can provide you with similar notifications. We will not share your contact details with anybody else. Parent Gym's privacy policy is available at: [parentgym.com/privacy-policy](http://parentgym.com/privacy-policy).

Parent Gym is a philanthropic programme funded entirely by Mind Gym (Company No. 03833448)

8097/04/INTERACTIVE/CK/290618

Weekly workshops  
**for parents  
with children  
aged 2-11**



**To help your  
child be happy,  
confident and  
do well**



[www.parentgym.com](http://www.parentgym.com)



@ParentGym



[facebook.com/ParentGym](https://facebook.com/ParentGym)

# Six week programme overview

Parent Gym is a course of six workshops: each session lasts two hours, and is packed with practical tips and techniques to make family life easier and help your children thrive.

- Fun and interactive sessions, with a weekly 'mission' to practice at home
- Rooted in scientific research
- A great chance to meet and chat with other parents

Each week's session covers one of these key topics:

01 / Week

## Chat

**How to communicate**  
Get you and your child talking in a positive way every day.



02 / Week

## Love

**How to balance warmth and discipline**  
Show your children you care in lots of ways.



03 / Week

## Behave

**How to be consistent in setting boundaries**  
Bring order to your house with rules and routines that really work.



04 / Week

## Care

**How to raise healthy children**  
Keep yourself and your family happy and healthy.



05 / Week

## Discover

**How to encourage learning**  
Help your little one learn, grow and achieve their dreams.



06 / Week

## Together

**How to build a family support network**  
Keep your family rock solid and help your child to make friends.



## Still looking for a reason to take part?

Over **6000** parents have already participated

**96%** of those surveyed would recommend to other parents

### Parents' feedback

"I am calm... the family is happier..."

It is amazing how a course can change your life."

*Parent, Morningside Childrens Centre*

"I'm sleeping through the night for the first time in years."

*Parent, Boxgrove Primary School*

"Parent Gym has worked wonders for me and my family. It's not about who's a good or bad parent – it just gives you lots of ideas to overcome difficulties in parenting."

*Parent, Mount Stewart Junior School*

