

Tamil Families Evidence Based Parenting

Routines

The session offers parents support with:

- Setting a consistent routine in the home
- Importance of sleep routine for children and young people
- Making healthy meal time choices
- Preparing for change/transitions
- Importance of good oral health

Harrow
Children's
Centres



Challenging Behaviour

The session offer parents support with:

- Developing positive ways of setting boundaries and limits for children and young people
- How to use praise and reward to promote positive behaviour
- Developing stress free meal times to avoid fussy eating
- Child development and parent expectations

Tuesday 14 May

10-11.30 am

Hillview Children's Centre
2 Grange Road
South Harrow
HA2 0LW

To book on please call:
0208 422 4692

Early Support
Small Steps – Lasting Change