

Tamil Families Evidence Based Parenting

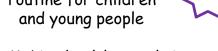


Routines

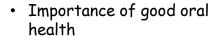


The session offers parents support with:

- 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









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

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



Early Support

Small Steps - Lasting Change