

Dear parents,

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 Abbey Hey Primary Academy. 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 staffroom on the following dates:

**Thursday at 9:00**

**Taster – 18<sup>th</sup> October (45 mins)**

18/10/18 Taster – 45 mins – Get to know Parent Gym

01/11/18 Chat – 2 hours – Help your family talk and listen to each other

08/11/18 Love – 2 hours – Build self-esteem and independence through secure attachments

15/11/18 Behave – 2 hours – Bring calm and order to your home

22/11/18 Care – 2 hours – Looking after ourselves and our families

29/11/18 Discover – 2 hours – Support your children to learn and explore

06/12/18 Together – 2 hours – Look to the future and recapping key techniques

To **confirm** your place, please speak to Mrs Eldridge or ask at the office.

We look forward to hearing from you.

Yours sincerely,



Paul Graham