

What parents have told us:

"It's given me more tools to use to help me and my child calm down and help us have a better time together."

"It is a great group and really helps hearing other people's experiences."

"Very relaxed and open-minded atmosphere created- thank you!"

"It has made me more confident and also made me realise that I'm doing a good job in parenting and reading my boys."



Parenting Puzzle

3 to 5 years

How to get in touch and find out more

To book on or find out more about any of our courses you can contact your Family Hubs by phone, email or by visiting our website.

West & Central Locality

Newport Family Hub
Furlongs, Newport,
PO30 2AX
01983 529 208

South Wight Locality

Sandown Family Hub
The Fairway, Sandown
PO36 9EQ
01983 408718

North East Wight Locality

Ryde Family Hub
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Website: www.isleofwightfamilycentres.org.uk

Website



Facebook



Instagram



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What is Parenting Puzzle?

A face-to-face or online course for all families with children aged 3 to 5 years old. The sessions offer positive, practical ways of guiding and nurturing children so they learn how to handle their feelings and their behaviours.



Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

Parenting Puzzle helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

The Parenting Puzzle is based on four building blocks. These are:

self-awareness; **appropriate expectations**;

empathy and **positive discipline**.

These four areas provide the key elements for successful relationships and confident parenting. Your child's self-esteem is boosted and parent's own confidence in parenting is increased.

What will the group be like?

It can be daunting going to a group for the first time. Our groups are informal and relaxed and led by two trained and experienced workers. A group will be approximately 10 parents/carers. You will not have to perform in front of other parents and will be encouraged to participate only at a level that feels comfortable to you.



Research shows that parents who come together to do parenting groups get more out of the groups than if they had gone over the same material in their own homes. Knowing you are not alone in the challenges you are facing can be life changing.

What does the programme cover?

The programme is delivered over **four 2-hour workshops**. You will gain most from the programme if you can commit to attend all sessions.

The sessions explore the following topics:

Week 1- Understanding Children's Behaviour, Listening and Communicating, Praise and Encouragement

Week 2 - Praise and Guidance vs. Criticism, Child-led Play, and Positive Moments

Week 3 - Boundaries and Parenting Styles, Time to Calm Down, Dealing with Stress and Conflict

Week 4 - Choices and Consequences, Behaviour to Ignore, Putting the Puzzle Together, Looking after Ourselves



[Scan or Click Here to
Contact us and book a place](#)

If you have children aged 5 to 13 years, please take a look at our **Nurturing Programme** →

