

If you would like to know more about any of our courses you can contact your Family Centre by phone, email or by visiting our website.



# Parenting Puzzle



## Website



How to get in touch and find out more:

Email us: [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)

Website: [www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk)

## Facebook



<https://families.barnardos.org.uk/>

## Instagram



### West & Central Wight Locality Hub

East Newport Family Centre Pan Community  
Hub, Furlongs, Newport, IOW  
PO30 2AX  
Tel: 01983 529208

### North East Locality Hub

Ryde Family Centre  
George Street, Ryde IOW,  
PO33 2JF  
Tel: 01983 617617

### South Wight Locality Hub

Sandown Family Centre  
The Fairway, Sandown  
PO36 9EQ  
Tel: 01983 408718

Barnardo's Registered Charity Nos. 216250 and SC037605  
24423shc23



**A 5-week Workshop Programme for  
families with children ages  
3-5 years old.**

## What is The Centre for Emotional Health?

**The Parenting Puzzle Workshop** is a course, developed by The Centre for Emotional Health. They offer positive, practical ways of guiding and nurturing children so that they learn how to handle both their feelings and their behaviours. It is designed for all families with children aged 3-5 years old.



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 really daunting going to a group for the first time. Parenting Puzzle groups are informal and relaxed and led by two specially

trained and experienced Family Centre Workers. 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.

## Will it be like going back to school?

**NO!** Sessions are interactive and you will learn as much from each other as from the facilitators. 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 **5 x1.5-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 your children's behaviour; and how babies communicate; and encouragement.

**Week 2-** Praise and guidance; Power of play and positive moments.

**Week 3-** Boundaries and parenting styles; Understanding and managing behaviour; Looking after ourselves.

**Week 4-** Dealing with stress and conflict; Developing the family toolkit.

**Week 5 – Optional** Getting ready for school workshop online delivery.