



Raising a family is one of the most challenging things any of us will ever do. Children need love, attention, patience, meals, clothes, guidance and boundaries - often all before 8.30 in the morning!

Sometimes as parents we have our own issues to deal with which can make the challenges even greater. It's not surprising that sometimes many of us find it hard to cope.

'Changes' will provide you with the opportunities to learn and improve your parenting skills, helping you understand your children's needs and helping you cope with present and future difficulties. They also provide you with a chance to meet and share experiences with other parents and make new friends.

Old Park Primary School is delighted to be able to offer this programme to all parents, free of charge. The programme covers 12 areas and common issues faced by the modern family. All resources are free (this includes games and other goodies) and upon completion a certificate is issued.

For more information come and speak to our Parent Liaison Officer who will be delivering the course. We can run the programme at times that suits your individual circumstances and at a pace that suits you.

If you are interested please complete the slip below and hand back to the school office so we can send you more information.

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Yes I am interested in finding out more about the 'Changes Programme'

Your Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Child's name in school \_\_\_\_\_