

Being a parent (BAP) course

The course is led by parents for parents

Course Aim:

The course helps parents to learn practical communication skills for everyday life to help bring up confident, happy and supported children.

Course outcomes

- To provide parents with positive strategies to take away to help manage their children's behaviour.
- Learn how to better understand and support your children's feelings.
- Effective parent-child communication.

Key Empowering Parents Empowering communities (EPEC) concepts

- We are all 'good enough parents' the perfect parent doesn't exist.
- Caring for children means caring for yourself too.
- A time to be just 'you' meet other local parents and share your experiences.



8 week course
2 hour sessions

Term time only.
Contact your nearest
hub for more information.



Scan for Local
Hub contact details



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

