

Bristol Parenting Courses

Did you know that via [Bristol Family Hubs](#) you can access FREE parenting courses?

Children's Centres across the city run courses for parents with children aged 4 – 8 years old.

Here is some information about what is on offer:

Parenting Puzzle

'Parenting Puzzle' is a 4 week course whereby you will be given the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop. Suitable for parents with children ages 0 - 5 years old. In person and virtual courses available.

The Nurturing Programme

'The Nurturing Programme' is a parenting approach that is designed to provide adults and children with the understanding, skills, and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem, and support positive family relationships. Suitable for parents with children ages 2 - 8 years old. 10 week course. In person only and creche available.

Incredible Years

The 'Incredible Years' Programme is designed to strengthen child well-being, promote social-emotional learning and academic competence, and prevent, reduce, and treat behavioural and emotional problems in young children. Suitable for parents with children ages 2 – 8 years old. 11 week course. In person only and creche available.

In the Incredible Years programme, parents will learn how to:

- Help their children feel loved and secure
- Encourage their children's language, social, and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage misbehaviour

To register for a course please follow this link: <https://forms.office.com/e/gBv9Z5EUHv>

Following you submitting a form via the above link - you will be contacted with details of the next available courses.