

# Time Out For Parents The Primary Years

*Positive Parenting Time Out for Parents* courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 – 11, then *Time Out for Parents – The Primary Years* is for you. Over six sessions, you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your child even better.

## The sessions

- Session 1 What being a parent's really like
- Session 2 Children's needs
- Session 3 Feelings and listening
- Session 4 Boundaries and parenting styles
- Session 5 Keeping children safe
- Session 6 Building strong families



**Care for the Family** Garth House, Leon Avenue, Cardiff CF15 7RG  
Tel (029) 2081 0800. [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

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# Time Out For Parents

## The Early Years

*Positive Parenting Time Out for Parents* courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children under five, then *Time Out for Parents – The Early Years* is for you. Over six sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your child even better.

### The sessions

- Session 1 What being a parent's really like!
- Session 2 Children's needs
- Session 3 Play and listening
- Session 4 Parenting styles and boundaries
- Session 5 Discipline and safety
- Session 6 The wider family



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