



Parenting Puzzle four-week course

A tailored nurturing programme that helps parents / carers gain confidence and greater understanding of their children's feelings and needs.

This course is for any parent / carer who lives in the Reigate and Banstead area and has children aged 0 - 11.

The course costs £15, and parents / carers who attend all four workshops will receive a course book and completion certificate. We understand that circumstances vary. If cost is a barrier, please feel free to get in touch with us.

Thursdays | 9-11am

Trinity Oaks Church of England Primary School, Brookfield Drive, Horley RH6 9NS

- ▶ **Week one** - Thursday 24 September
- ▶ **Week two** - Thursday 1 October
- ▶ **Week three** - Thursday 8 October
- ▶ **Week four** - Thursday 15 October 2026

If you sign up to the course, you will need to commit to all four sessions.

Sign up before 17 September. Limited number of spaces so early booking advised.

Please follow the link below or scan the QR code to book on to the course.

<https://forms.cloud.microsoft/e/n0YFx4zUZ5>



What to Expect:

Week 1

- ▶ Understanding your children's behaviour
- ▶ Listening and how babies and children communicate
- ▶ Praise and encouragement

Week 2

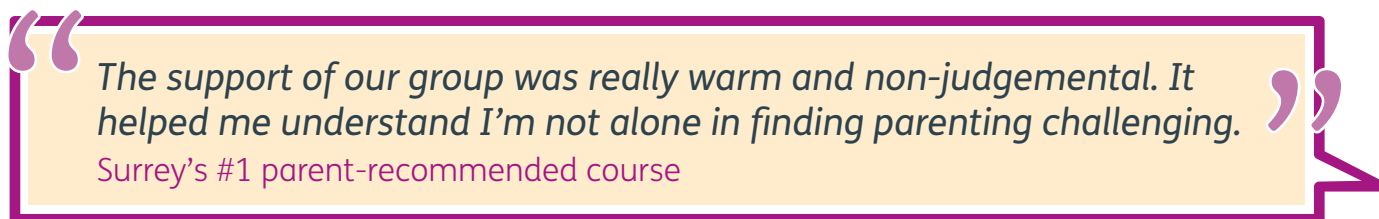
- ▶ Praise and guidance
- ▶ Power of play and positive moments

Week 3

- ▶ Boundaries and parenting styles
- ▶ Understanding and managing behaviour
- ▶ Looking after ourselves

Week 4

- ▶ Dealing with stress and conflict
- ▶ Developing the Family Toolkit



If you would like more information, please contact our Family Support Coordinator Anya on reigatebansteadfamilycentre@ymcaeast Surrey.org.uk