

# Time Out For Parents



## The Primary Years

Sessions for anyone parenting children aged 5 - 11



The logo for "positiveparenting" features a small icon of three colored dots (red, yellow, blue) above the word "positive" in a bold, lowercase font, followed by "parenting" in a regular, lowercase font.

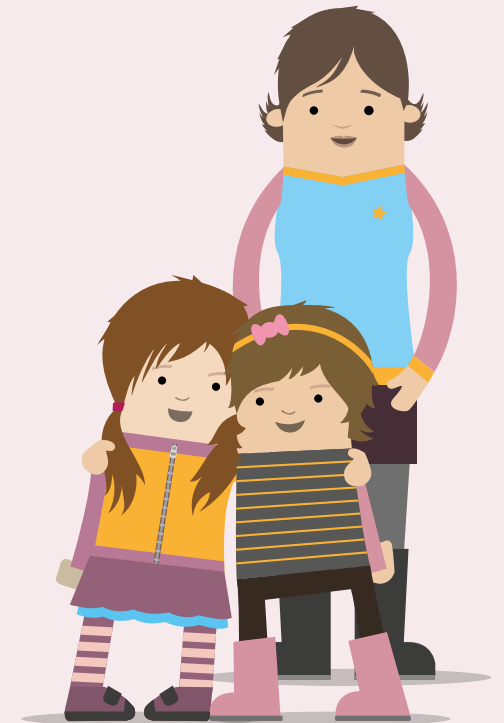
Common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship

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# 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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