Time Out for Parents – The Primary Years

Because kids don’t come with a manual. Parenting is the hardest job in the world and we could all do with a bit of help and encouragement.

Family Matters York is holding a five-session course for parents of primary school children giving us “time out” to think about ways to help our children thrive, both at home and school, including how to keep things positive while managing difficult behaviour and how to build our children’s confidence and self-esteem.

Easingwold Community Primary School have kindly agreed to host this course, and all parents of primary school age children living in Easingwold and surrounding areas are welcome, whichever school their children attend.

 **Date: Friday mornings January 17, 24, 31 & February 7, 14**

 **Time: 09.00 – 11.15 am**

 **(coffee from 9.00 am, session starts at 09.15 am)**

 **Venue: Easingwold Community Primary School, Thirsk**

 **Road, Easingwold YO61 3HJ**

**Maximum available places - 16** : To book or for any further information please contact Anne Johnson on 07957 815596 or email annejohnson@fmy.org.uk or find us at [www.fmy.org.uk](http://www.fmy.org.uk) or on fb@positiveparentingeasingwoldthirsk boroughbridge.



We've all got similar issues and want to make it better. It's good to know I'm not alone.