

RIDE THE WAVES

OF PARENTING DURING THESE UNCERTAIN TIMES

“Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do.”



Being a parent is one of the most challenging roles in life, which is why supporting yourself in the role is the wisest thing you can do. Restorative Parenting supports development of strong parent-child relationships.

The 6-week course will look at tools and skills to strengthen the relationship and build resilience. The topics will include:

- Communications
- Talking about feelings – supporting emotional wellbeing (including managing anxiety)
- Understanding difficult behavior
- Using self-care to support the parenting relationship

When: 15th Oct – 26th Nov / 3rd Nov – 8th Dec

Where: Online (ZOOM)

Time: 10.00am - 11.15am

If you would like to book a place, please email sonya.goulding@ncirl.ie or phone/text. **086 0296919**

The **A**rea **B**ased **C**hildhood Programme



Early Learning Initiative
National College of Ireland