

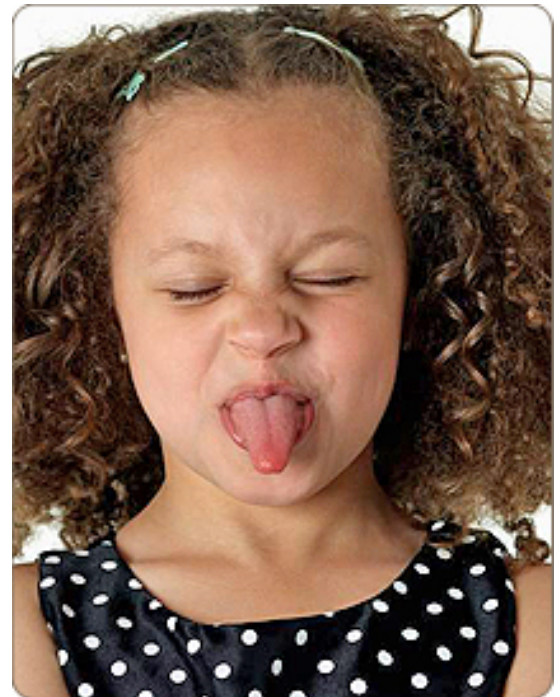
"It is not in the stars to hold our destiny but in ourselves." - William Shakespeare

See below for latest free workshops & courses. Email me NOW to secure your place... sharon.lawton@natural-flair.co.uk

View top parenting tips via on-line videos

Welcome to our Spring/Summer Issue of the Natural Flair Newsletter giving details of our courses and workshops for next term. Last term many parents spoke to me about dealing with tantrums and anger issues in their family. Any form of discipline is ineffective when too much emotion is displayed. We do this by responding in an unhelpful way often by arguing, yelling and screaming at each other, therefore we need to role model the behaviour that we want our children display. Sometimes we, as parents, need to change our own behaviour and the way that we respond, before our children can change theirs.

If this is an area you would like to explore further, you might want to attend one of our Managing Anger in the Family courses. See below for dates and availability in your area. Also don't forget to visit my website www.natural-flair.co.uk to view exciting and helpful on-line parenting videos via my link to www.parentchannel.uk and also details of personal coaching packages and recommended parenting and self development books etc.



Understanding and managing anger in the family



This interactive 4 week course will enable you to understand and manage both your own anger and also anger and conflict within your family. Attendees will finish the course with a tool kit of anger management strategies that will bring stability and harmony to family life.

Date: Tues 27th April - Tues 18th May

Time: 12.30pm - 2.30pm

Location: St Clements Primary School, Cheshunt Wash, Cheshunt, EN8 0LU

Date: Weds 28th April - Weds 19th May

Time: 7.00pm - 9.00pm

Location: St Andrews School, Tower Hill, Much Hadham, SG10 6DL

Date: Thurs 6th May - Thurs 27th May

Time: 7.00pm - 9.00pm

Location: Queens School, Aldenham Road, Bushy, WD23 2TY

Date: Weds 9th - 30th June

Time: TBA

Location: Bishops Stortford Area

Date: Thurs 10th June - Thurs 1st July

Time: 9.30am - 11.30am

Location: St Catherine's School, Park Road, Ware, SG12 0AW

Raising 0-5's: what every parent should know!



This interactive 6 week course will focus on your relationship with your child and developing their emotional intelligence. You will learn how to encourage and reward good behaviour and deal with difficult behaviour more confidently and effectively.

Date: Thurs 22nd April - Thurs 27th May

Time: 12.45pm - 2.45pm

Location: Ash Valley Children's Centre, Tower School, Tower Road, Ware, SG12 7LP

Date: Fri 23rd April - Fri 2nd July

Time: 9.15am - 11.15am

Location: Three Parks Children's Centre, Rye Park Nursery Sch, Walton Road, Hoddesdon, EN11 0LN

Date: Mon 10th May - Mon 21st June

Time: 7.30pm - 9.30pm

Location: Summercroft Primary School, Plaw Hatch Close, Bishops Stortford, CM23 5BJ

Date: Weds 12th May - Weds 23rd June

Time: 10.00am - 12.00pm

Location: Great Wood Childrens Centre, Cuffley

Date: Fri 11th June - Fri 16th July

Time: 1.00pm - 3.00pm

Location: Kings Road Church, Kings Road, Berkhamstead, HP4 3DB

Raising 5-11's: raising kids in the 21st century



This 6 week course is aimed at parents of children aged 5-11 years. An age when they test the boundaries and expect the latest technology & designer clothes! This fun and inspiring course will improve your relationship with your child, give strategies on raising self esteem and help you identify their unique temperament. It also covers issues like stranger danger, bullying and the internet.

Date: Tues 8th June - Tues 13th July

Time: 10.00am - 12.00pm

Location: Dewhurst St Mary C of E Primary School, 94 Churchgate, Cheshunt, EN8 9ND

Date: Mon 10th May - Mon 21st June

Time: 12.30pm - 2.30pm

Location: Hobletts Jnr School, Adyfield Road, Hemel Hempstead, HP2 5JS

Understanding teens, the gross stuff & ground rules



This 6 week course identifies the strategies needed to raise aspirations and boost self esteem in teens. It covers the parent teen relationship, communication, tools for handling conflict, strategies for setting boundaries & introducing house rules.

Date: Thurs 13th May - 24th June

Time: 6.30pm - 8.30pm

Location: Astley Cooper School, St Agnells Lane, Hemel Hempstead, HP2 7HL

Date: Tues 8th June - Tues 13th July

Time: 7.00pm - 9.00pm

Location: Goffs School, Goffs Lane, Cheshunt, EN7 5QW or Freman College, Buntingford, SG9 9BT

Time out for special needs focusing on ASD

This 7 week course is for parents who have children with special needs and to help parents with the challenges that are unique to them. Standard parenting advice often doesn't work, and it's easy to feel frustrated and isolated.

This supportive and interactive course deals with issues like; helping self esteem, coping with your feelings, understanding and managing behaviour, home/school and the wider family.

Date: Tues 11th May - Tues 29th June

Time: 10.00am - 12.00pm

Location: Bourne Hall School, Bourne Avenue, Bushy WD23 3NE



Inspirational workshops offered during this term

3 Steps To Effective Parenting

Date: 22nd April

Time: 1.00pm - 3.00pm

Location: Bedwell Childrens Centre, Stevenage

Home Alone - Single Parents Workshop

Date: 26th April

Time: 7.00pm - 9.00pm

Location: Broom Barns Primary School, Stevenage

Keeping Safe & Protecting Young Minds

Date: 29th April

Time: 7.30pm - 9.30pm

Location: Sarratt Primary School, Kings Langley

Fussy Eaters (0-5's)

Date: 19th May

Time: 9.30am - 11.30am

Location: Datchworth Primary School

5-11's Boundary Setting

Date: 20th May

Time: 9.15am - 11.15am

Location: London Colney Children's Centre

Understanding Teens

Date: 25th May

Time: 10.00am - 12.00pm

Location: St Catharine's School, Hoddesdon

Enough of the Huff (1-5's)

Date: 26th May

Time: 9.30am - 11.30am

Location: Churchfields Children's Centre, Hertford

Parenting in Step Families

Date: 7th June

Time: 1.00pm - 3.00pm

Location: St Catharine's School, Hoddesdon

Understanding Teens

Date: 10th June

Time: 7.00pm - 9.00pm

Location: Barclay School, Stevenage

Home Alone - Single Parents Workshop

Date: 7th July

Time: 10.30am - 12.30pm

Location: Dehavilland Children's Centre, Welwyn

Be inspired. Contact me now for your free no obligation 20 minute telephone consultation:

sharon.lawton@natural-flair.co.uk

or call 01992 446051 / 07947 809869



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