

Welcome to our latest list of free parenting courses offered by Natural Flair during Autumn and Winter term. If you are unable to view the images or view the newsletter clearly please [click here](#)

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

## New Free Parenting Courses & 1 to 1 Parent Coaching Offer

Welcome to the latest issue of the Natural Flair Parenting E-Newsletter giving details of our courses and workshops available during the Autumn and Winter terms. Please see below for full information of what is available next term.

In my coaching [e-newsletter](#) sent last month I gave details of my Summer Coaching Offer of 6 x 60 minute 1 to 1 coaching sessions for the price of 5. There are only 2 spaces left on this offer, so don't miss out on the opportunity to access this fantastic offer, it is only available for a short time so [email me NOW](#) for your FREE no obligation 20 minute consultation to discuss what you'd like to change in your family.

A new course offered by us this term is "The Family Links Parenting Puzzle" also known as The Nurturing Programme. We all know that children are rewarding & fun but looking after them can be challenging. This 10 week programme helps deal with those challenges so you have a calmer, happier family life. This course is fantastic and I would highly recommend it. Have a look at programme dates and availability in your area.

Finally, before you look at this terms workshops, don't forget to visit my website [www.natural-flair.co.uk](http://www.natural-flair.co.uk) to view exciting and helpful on-line parenting videos via my link to [www.parentchannel.uk](http://www.parentchannel.uk) and also my previous [Newsletter](#) for details of the FREE competition to win a series of personal training sessions offered by local fitness coach Rob Horslen of [Life Change Fitness](#). Remember to mention my name when you contact Rob to take advantage of this special introductory offer.

So until next time - to quote Robert Fulgham *"Don't worry that your children never listen to you - worry that they are always watching you"* Have a look at the workshops below, and I hope to see you soon. Take care, Sharon.



## Family Links - The Parenting Puzzle

Come and find out how to get the best out of family life. This 10 week nurturing programme for parents will focus on raising self esteem and self awareness, empathy, positive discipline and appropriate expectations in ourselves and our children. All these areas help families to grow in confidence and provide consistency and boundaries with rewards and consequences giving a positive affect on the family atmosphere.



**Date:** Tues 14 Sept - Tues 10th November

**Time:** 7pm - 9pm

**Location:** London Colney Childrens Centre  
Alexandra Road London Colney, AL2 1JG

**Date:** Weds 15th Sept - Weds 11th November

**Time:** 10.00am - 12.00pm

**Location:** The Charis Centre Centre, Bishops Stortford

**Date:** Mon 20th Sept - Mon 29th November

**Time:** 1.30pm - 3.30pm

**Location:** Longfield Childrens Centre  
Flamstead End Primary School, Longfield Lane Cheshunt

**Date:** Fri 24th Sept - Fri 3rd December

**Time:** 09.30 - 11.30am

**Location:** Berrygrove Children's Centre, Cow Lane,  
Watford, WD25 9PW

## Understanding and managing anger in the family



This interactive 5 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:** Mon 01st Nov - Mon 29th Nov

**Time:** 07.00pm - 9.00pm

**Location:** Highwood Primary School, Mill Lane, Bushey,  
WD23 2AW

**Date:** Tues 2nd Nov - Tues 30th Nov

**Time:** 10.00am - 12.00pm

**Location:** Welwyn & Hatfield Area

**Date:** Weds 3rd Nov - Weds 24th Nov

**Time:** 10.00am - 12.00pm

**Location:** Windhill Primary Sch, Windhill, Bishops  
Stortford, CM23 2NE

## 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:** Weds 15 Sept - Weds 20th October

**Time:** 09.30am - 11.30am

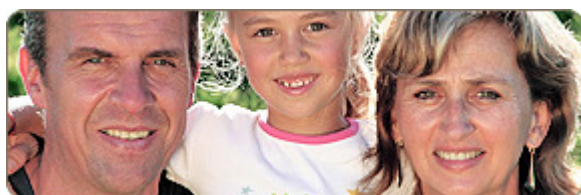
**Location:** Duckling Green Childrens Centre  
2B The Square, Sawbridgeworth, CM21 9AE

**Date:** Weds 3rd Nov - Weds 8th Dec

**Time:** 7.00pm - 9.00pm

**Location:** Oaktree Children's Centre, Holywell Road  
Welwyn Garden City, AL71 3RP

## 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

## 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,

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:** Thurs 30th Sept - Thurs 11th Nov  
**Time:** 09.30am - 11.30pm  
**Location:** Broxbourne C of E Primary School, Mill Lane, Broxbourne, EN10 7AY

tools for handling conflict, strategies for setting boundaries & introducing house rules.

**Date:** Tues 14th Sept - 19th Oct  
**Time:** 9.30am - 11.30am  
**Location:** St Mary's High School, Lieutenant Ellis Way, Cheshunt, EN7 5FB

**Date:** Thurs 4th Nov - Thurs 9th Nov  
**Time:** 7.00pm - 9.00pm  
**Location:** Turford Sch, Mill Lane, Cheshunt, EN8 0JU

## Time out for Special Needs and Time Out for Special Needs focusing on ASD

This 7 week course for parents who have children with special needs and a 4 week course for parents with children who have ASD is designed 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 21st Sept - Tues 9th Nov (**Special Needs Course**)  
**Time:** 7.00pm - 9.00pm  
**Location:** Meryfield Primary Sch, Theobald St, Watford. WD6 4PA

**Date:** Tues 2nd Nov - Tues 23rd Nov (**ASD Course**)  
**Time:** 10.30am - 12.30am  
**Location:** Bournehall Primary Sch, Bournehall Ave, Bushey, WD23 3AX



## Inspirational workshops offered during this term

### Understanding Your Pre-Teen Girl

**Date:** 23rd Sept  
**Time:** 7.30pm - 9.30pm  
**Location:** Kings Langley Secondary School

### Fussy Eaters Workshop (under 5's)

**Date:** 06th Oct  
**Time:** 10.00am - 12.00pm  
**Location:** Allsorts Children's Centre, Cheshunt

### Keeping Safe & Protecting Young Minds

**Date:** 14th Oct  
**Time:** 7.00pm - 9.00pm  
**Location:** Thomas Corum Middle Sch, Swing Gate Lane, Berkhamsted, HP4 2RP

### Stressbusting For Parents

**Date:** 21st Oct  
**Time:** 7.00pm - 9.00pm  
**Location:** Churchfields Children's Centre, Hertford

### Understanding Teens

**Date:** 07th October  
**Time:** 07.00pm - 09.00pm  
**Location:** John F Kennedy School, Hemel Hempstead

### Self Esteem for Teens

**Date:** 13th Oct  
**Time:** 7.30pm - 9.30pm  
**Location:** Watton at Stone Primary & Nursery Sch

### Living With & Understanding Self Harm

**Date:** 18th Oct  
**Time:** 7.00pm - 9.00pm  
**Location:** Goffs Secondary Sch, Goffs Lane, Cheshunt, EN7 5QW

### Understanding Teen Girls

**Date:** 4th Nov  
**Time:** 7.00pm - 9.00pm  
**Location:** Bishops Hatfield Girls Sch, Wood Lane, Hatfield AL10 8NL

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

[sharon.lawton@natural-flair.co.uk](mailto:sharon.lawton@natural-flair.co.uk)

or call 01992 446051 / 07946 618225

