

# How to sign up

Speak to:

**Anna Hicks**

or call:

**0117 3772080**

The six, weekly sessions run (for two hours) from:

**24th May**

on:

**Fridays**

from:

**9-11**

at:

**School Hall**

Before the six-week programme begins, come along for a short, introductory session to find out what Parent Gym is all about:

**Friday the 17th May from 9-10**



Your name:

Mobile number:

What is the one parenting question you'd most like answered?

Parent Gym and our coaches will use your details to administer the programme, to notify you of any changes or cancellations etc and to communicate with you about the programme. Your contact details may also be shared between Parent Gym and the school/centre hosting the programme, so that either party can provide you with similar notifications. We will not share your contact details with anybody else. Parent Gym's privacy policy is available at: [parentgym.com/privacy-policy](http://parentgym.com/privacy-policy).

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parentgym

Weekly workshops  
**for parents  
with children  
aged 2-11**



**To help your  
child be happy,  
confident and  
do well**



[www.parentgym.com](http://www.parentgym.com)



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# Six-week programme overview

Parent Gym is a course of six workshops: each session lasts two hours and is packed with practical tips and techniques to make family life easier and help your children thrive.

- Fun and interactive sessions, with a weekly 'mission' to practise at home
- Rooted in scientific research
- A great chance to meet and chat with other parents

Each week's session covers one of these key topics:

01 / Week



## Chat

### How to communicate

Get you and your child talking and listening in a positive way every day.

02 / Week



## Love

### How to show you care, in the right ways

Boosting your child's confidence, with a balance between closeness and independence.

03 / Week



## Behave

### How to be consistent in setting boundaries

Bring calm to your family with rules and routines that really work.

04 / Week



## Care

### How to raise healthy children

Keep yourself and your family healthy and happy with good sleep, eating and exercise.

05 / Week



## Discover

### How to encourage learning

Help develop healthy learning habits with your child, including managing screen time.

06 / Week



## Together

### How to build a family support network

Keep your family feeling happy, supported and loved.

# Still looking for a reason to take part?

Around **10,000** parents have already participated

**96%** of those surveyed would recommend to other parents

## Parents' feedback

"I am calm... the family is happier... It is amazing how a course can change your life."

*Parent, Morningside Childrens Centre*

"I'm sleeping through the night for the first time in years."

*Parent, Boxgrove Primary School*

"Parent Gym has worked wonders for me and my family. It's not about who's a good or bad parent – it just gives you lots of ideas to overcome difficulties in parenting."

*Parent, Mount Stewart Junior School*

