



www.allabarnicentrum.se

You are welcome to:

Parent education

ABC is for **all** parents with children of ages 3-12 years who want to develop in their parenthood.

Few things are more important than our relationships with our children. Today, we know that a strong bond between children and parents is the best foundation for raising a child to be confident and independent individuals as adults.

This is what ABC's four group meetings are about.

During the meeting you will have the possibility to discuss parenthood with other parents. The course is, among other things, about how we as parents can benefit our child's sense of confidence, how to work in order to strengthen the bonds in the family and how to prevent conflict. Information and discussions are interspersed with exercises and films.

Meeting 1 – SHOWING LOVE - How do we make our close relationships work? Discussions and simple exercises on focusing on what works.

Meeting 2 – BEEING THERE - How are we affecting each other in our daily lives? How can we prevent having conflicts with our children? Discussions and simple exercises on how parents and children can interact.

Meeting 3 – SHOWING THE WAY - How can you practice calm parenting? How does stress affect parenting and how can stress be handled? Discussions and simple exercises on being a role model for your child.

Meeting 4 – PICK YOUR BATTLES - How can nagging be reduced in the family? Which battles do we need to fight and which can be disregarded? Discussions and examples through film on conflict resolution. Planning ahead with focus on ABC can be used in the daily life.

Dates and times can be found at www.tingsryd.se search for ABC from there.

The course is free of charge and you are very welcome to let us know you are interested in taking the course at:

barnensbasta@tingsryd.se

If you have any questions, please contact:

Barnens bästa

phone: 0477 -444 11

Välkommen!

