

Family Hub

Being a Parent



9-week course for parents/carers of children aged between 2-11 years.

Supporting parents to learn practical communication skills to enable children to be confident, happy and co-operative.

The programme explores:

- Expressing and acknowledging feelings
- Play
- Communication styles and reflective listening.
- Using Praise
- Discipline Strategies

Seashell

13 January – 17 March
9.30 – 11.30am

Clovelly

22 January – 26 March
9.30 – 11.30am
Creche available

To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

Familyhub@southampton.gov.uk



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