

Raising Children with Confidence

A 6-week course for parents and carers to: raise awareness, improve confidence and build understanding about how we can best support positive mental health and emotional wellbeing in ourselves and our children.

Cat Davison (P4 teacher) and Cheryl Tait (PSO) will be delivering the course in the 'Nurture Nook'. Places are limited so please [email the school office](#) with the subject 'Raising Children with Confidence' if you would like to book a space. It is best if you are able to attend all 6 sessions.

Dates:

- Session 1 - Thurs 6th Nov – Promoting Wellbeing
 - Session 2 - Thurs 13th Nov – The Developing Brain
 - Session 3 - Thurs 20th Nov – Why Love Matters
 - Session 4 - Thurs 27th Nov – Staying Connected
 - Session 5 - Thurs 4th Dec – Building Resilience
 - Session 6 - Thurs 11th Dec – Looking After Ourselves
- (3:45pm-5:15pm each week)

