

# Raising Children With Confidence



<u>Clusters</u>	<u>Contacts</u>
<b>Dunbar</b> Next course starts Wednesday 27th Sept Facilitated by Marie Prior & Helen Harper	To book email _ <a href="mailto:mprior@dunbarprimary.elcschool.org.uk">mprior@dunbarprimary.elcschool.org.uk</a> or phone 01368860997 or 07792061554
<b>Haddington</b> No current plans	
<b>Prestonpans</b> No current plans	
<b>North Berwick</b> Facilitated by Jan Gaunt Tuesday 20 <sup>th</sup> August 2019 9:30am-11:30am at Aberlady Primary School	To book email <a href="mailto:jangaunt.northberwickcoastal@gmail.com">jangaunt.northberwickcoastal@gmail.com</a>
<b>Fa'side</b> No Current plans	
<b>Musselburgh</b> No Current plans	

# Raising Children With Confidence

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Delivered in partnership across East Lothian by experienced staff and volunteers who have been trained in this 'Growing Confidence' programme.

This 6 week course aims to give parents and carers the chance to explore emotional well-being and how we can best promote it in ourselves and our children. Drawing on the latest findings and research it helps to explain why what you do makes a difference.

1. **Why Do Kids Do That?** (Looking inside children's brains)
2. **What's Love Got To Do With It?** (How relationships shape child development)
3. **Cotton Wool Kids?** (Helping children cope with the ups and downs of life)
4. **Staying Connected!** (Listening differently to understand better)
5. **What Makes Us, Us?** (How thoughts and feelings influence behaviour)
6. **21<sup>st</sup> century childhood** (What do children need in order to flourish)

## Feedback from parents who have taken part;

98% found the course valuable

82% had increased confidence about promoting their children's emotional health and well-being

92% thought it had a positive impact on their relationship with their children

98% enjoyed the course and would recommend it to a friend

## Contact details for Growing in Confidence

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