



## RLK Children's Centre

For Families with children aged 0-5 years

# Parenting with Confidence workshop

*Chat and learn about ways to improve play, eating, sleeping and having more fun together.*

**FREE workshop and free crèche available**

How to communicate and  
get your message across

Understand your child's  
behaviour

Managing tantrums

Setting boundaries  
and reward systems



Confidence building

Learn about your child's  
development

New ideas for play and  
enjoying time together

Dates: **Thursday 8<sup>th</sup> Sept - Thursday 13<sup>th</sup> Oct 2011 (5 weeks)**  
**(excludes Thurs 6<sup>th</sup> October)**

Times: 10.15am - 11.45am

Venue: Robert Le Kyng Children's Centre, Westcott Street,  
Swindon, SN1 5HS.

To Book: Contact the centre Tel: 01793 525830

*EVERYONE WELCOME - Lots of hints and tips available  
Come and enjoy some time out, free crèche, refreshments available*

Website: [www.barnardos.org.uk/rlkchildrenscentre](http://www.barnardos.org.uk/rlkchildrenscentre)