



FAMILY MATTERS FREE PARENTS PLUS PARENTING COURSE

**Are you a Parent or a Guardian of
1 - 6 year old child?**

This is a chance to meet and learn with other parents

This course includes:

- *Ways to support your child's speech and language development*
- *Tips on how to create routines at home*
- *Ways to help your child build attachments*
- *Tips to help you manage your child's tantrums and behaviour*
- *Importance of minding and caring for ourselves as parents*

Wednesdays, 7pm- 9.30pm

in

Ballyfermot Family Resource Centre

for

8 weeks (after Easter)

(Lynch's Lane)

More information or to book a place

Text or ring Liz: 087-748 7375 or 01-623 8088

Email: receptiondecies@bcpartnership.ie





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