

Raising Children with Confidence



Dear Parent/carer

We all want our children to grow up happy, confident, secure and able to cope with life's challenges. Some children manage this better than others. Ever wondered why this is?

There is the opportunity to find out more through a 7 week course which aims to give parents and carers the chance to explore emotional well-being and how best to promote it in ourselves and our children.

Over 800 parents and carers have already attended the course and 98% found it a valuable and enjoyable experience. To date, we have run 15 courses in the Mayfield area with great success. The course draws on the latest findings and research in the field and helps explain why what you do makes such a difference!

A course is about to begin covering the following topics:

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| 1. What is emotional health & wellbeing? | Introductory session |
| 2. Why Do Kids Do That? | Looking inside children's brains |
| 3. What's Love Got To Do With It? | How relationships shape child development |
| 4. Cotton Wool Kids? | Helping children cope with the ups and downs of life |
| 5. Staying Connected! | Listening differently to understand better |
| 6. What Makes Us, Us? | How thoughts and feelings influence behaviour |
| 7. 21st Century Childhood? | How to fit it all in, in the 21 st century |

The course will run at:

Mayfield PS	Commencing Tuesday 8th September from 9.30 -11.30	Facilitated by Tricia Di Duca (Home Link Teacher) Christine Brennan (SFL Teacher)
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Further information about the course can be found at: www.growingconfidence.org

On the website, you will find a link to a short film, some of which was filmed here in Midlothian, which gives you further information. In addition, parent/carer leaflets are available from your school/Nursery.

Unfortunately, we are unable to offer a crèche for preschool/ Nursery children.

There are limited places for the courses, so if you are interested please fill in the attached reply slip and return it to me at any of the above locations. Alternatively you can email me your request for a place to:

p.diduca@mgfl.net

Yours faithfully

Tricia Di Duca
Home Link Teacher

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please tick

I would be interested in attending the course starting on Tuesday 8th September

I would be interested in attending the course at a later date

Your contact details:

Name	
Email	
Address	
Contact number	
School/Nursery	
Child/children's Names and Classes	