

The Toose, Abbey Manor Park
Yeovil,
Somerset
BA21 3SN
Headteacher: Mrs C Hodgson BA (Hons)



Tel: 01935 474538
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Preston Primary Academy Trust

3rd October 2022.

Dear Parents/Guardians,

As Parent and Family Support Advisor at Preston, Kingfisher and Chilthorne Primary Schools, I have the exciting opportunity of being able to offer an excellent parenting course which is designed to help parents with challenges they may be having with their children both at home and at school. The course is based on the programme 'Tuning into Kids' which is an evidence-based parenting programme that focuses on the emotional connection between parents and children.

The programme teaches parents skills in *emotion coaching*, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps the child to understand and manage their emotions. **The programme has been shown to improve parenting, parent-child relationships and children's emotional competence and behaviour.** The programme has been particularly effective with children with emotional and behavioural difficulties.

I am sure it will be a great opportunity for you to share the things that are going really well for you as a family and to share things that are more challenging. As parents you will be able to support and encourage one another and help with the things you find you have strengths in, as well as finding out more about supporting your child through the course too. Our last parents to attend the course found it so useful they said they would recommend it for all parents to do in order to support their children!

I hope to be running the course after the Autumn half-term break and would like to make the course as convenient and accessible parents and carers as I can; the course will require a time commitment of 1.5 - 2 hours a week for 6 weeks.

I would be very grateful if you could fill in the form below to let me know which days and times would be best for you and enable you to take part in the course. I cannot promise that I will be able to meet everyone's time requirements, but I will do my best to fit in with the majority of people. Please return to me via your school or by email (khuggins@preston.ppat365.org) by **Friday 14th October.**

Many thanks and I look forward to hearing from you soon.

Kindest regards,

K Huggins

Katie Huggins
(PFSA – Parent and Family Support Advisor)

Emotion Coaching and Behaviour Parenting Course Reply Slip.

PLEASE RETURN TO **PFSA** VIA SCHOOL OFFICE OR EMAIL BY **FRIDAY 14th October.**

Name..... Class.....

Please circle and number preferred days and times to show preference

1= First choice 2= Second choice

Monday pm

Tuesday pm

Wednesday pm

Wednesday Evening

pm = 1.15pm - 2.45pm

Evening = 7.30pm - 9pm

Preston Primary Academy Trust. Registered address: The Toose, Yeovil, Somerset, BA21 3SN.
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