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Preston Primary Academy Trust

Emotion Coaching Parenting Course Final Arrangements

Dear Parents and Carers,

As Parent and Family Support Advisor at Preston Primary and Kingfisher 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 an evidence-based parenting programme that focuses on the emotional connection between parents and children. In particular 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. 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.

This course is usually 6 weeks, for 2 hours a week. I am going to reduce this time to **1 ½ hours** for each session as I think this is long enough online in an evening for you all. You will benefit the most from this course if you are able to attend all of the sessions but should this be a problem for one or two of the weeks for any reason, please let me know and I will still accommodate you attending the course.

THIS COURSE WILL BE RUNNING ON WEDNESDAY EVENINGS ONLINE FROM 7.30pm to roughly 9pm. The dates for the course are as follows:

Wednesday 8th May
Wednesday 15th May
Wednesday 22nd May
Break for half term holiday
Wednesday 5th June
Wednesday 12th June
Wednesday 19th June

The link to join the course is: https://teams.microsoft.com/join/19%3ameeting_NzBiMDJmNTgtNmVjZC00MDY2LTlkMzYtMWQ1MTk4ZjNkMjJi%40thread.v2/0?context=%7b%22Tid%22%3a%22caf8e730-a3ab-422e-b601-1bef916936e7%22%2c%22Oid%22%3a%226a1cb131-db6d-4e61-b447-808ed83ddbef%22%7d

Please email khuggins@preston.ppat365.org by **Friday 3rd May** if you would like to attend detailing your name, child's name, school and class. I need your email address to be able to send you the handouts each week.

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

Kindest regards,

K Huggins

Katie Huggins
(PFSA – Parent and Family Support Advisor)

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