



Thursday 5th October 2023

Are you having problems with your child's behaviour at home or would you like to improve family life or your parenting? Then this letter is for you!

Dear Parent/Carer,

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. The course is based on the program 'Tuning into Kids' which is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular the program 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 and therefore their behaviour. **The programme has been shown to improve parenting, parent-child relationships and children's emotional competence and behaviour.** The program 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.

I hope to be running the course after the autumn half term break. I hope to be able to run this course in person, rather than online, this time around. It will be at either Preston Primary or Kingfisher Primary School. (Please indicate your preference below.)

Therefore, 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 we will be able to meet everyone's time requirements, but we will do our best to fit in with the majority of people. Please return to me via your school or by email by **Monday 16th October.**

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

Kindest regards,
Katie Huggins (PFSA)
Email: khuggins@preston.ppat365.org

'Emotion Coaching and Behaviour' Parenting Course
Reply Slip.
PLEASE RETURN TO PFSA VIA SCHOOL OFFICE OR EMAIL BY MONDAY 16th OCTOBER.
khuggins@preston.ppat365.org

School:.....
Parent Name.....
Child(ren's) name(s).....
Year group and class.....
Contact phone number:.....
Contact email address:.....

Please circle and number preferred days and times to show preference

1= First choice 2= Second choice

The times would be **9.15am - 11.15 am** (to allow parents from the other school travelling time)

Monday AM

Tuesday AM

Wednesday AM

Thursday AM

Preston Primary Academy Trust. Registered address: The Toose, Yeovil, Somerset, BA21 3SN.
A charitable company limited by guarantee registered in England Wales (Company number: 8727883)

