

Our **HAPPY FAMILIES** group provides support for parents and families with the raising of their children. Let’s face it, being a parent is one of the hardest jobs any of us will ever do – and no matter how old our children are, we never stop worrying about them!

Staff who have children of their own are willing to share their own stories and support families with finding solutions and strategies to managing some of the tricky times bringing up young children, such as:

* Routines (mealtimes, bedtimes etc)
* Behaviour (tantrums/meltdowns)
* Dummies
* Toileting
* Fussy Eaters

This group meet weekly on a Friday afternoon from 12.00 ‘til 1.00 for 5 weeks. Parents are welcome to come to all 5 sessions, or simply drop in on the ones that they need more support with.

Please look out for the dates on the Parent’s Noticeboard by the gate and if you are interested in joining any of the sessions, please let us know.