

Bramley Sunnyside Junior School

Headteacher: Mrs H Headleand



15th November 2018

Dear Parents/Carers

We are pleased to inform you that Bramley Sunnyside Junior School may have the opportunity to host a range of parenting courses which are facilitated by Early Help. This is dependent on uptake for the courses as we have to have a minimum number in order for them to take place.

The courses are part of the 'Triple P' Positive Parenting Program discussion groups which offer practical advice for parents/carers tackling problem behaviours in children. These are short, small group sessions offering practical advice and are for all parents/carers, including those who may have a child with a specific learning difficulty or disability.

Each session will bring together parents/carers who are experiencing similar parenting problems and covers topics including:

- Dealing with disobedience for under 12s
- Developing good bedtime routines for under 12s
- Managing fighting and aggression with under 12s
- Hassle-free shopping with children under 12
- Coping with teenagers' emotions

You can choose which one (or however many) of the groups to attend.

If you are interested in attending any of these courses, could you please complete the adjoining slip and return it to school by Thursday 22nd November 2018. Should we have enough interest, we are hoping to commence these courses in January 2019. Please indicate if you would prefer the courses to be during school time; this will be in the afternoons. Alternatively, it will be after school between 4:30pm – 6:30pm.

Yours sincerely

Mrs Headleand

'Triple P' Positive Parenting Program

I would be interested in attending the following course(s) (please tick any you wish to attend):

- ☐ Dealing with disobedience for under 12s
- ☐ Developing good bedtime routines for under 12s
- ☐ Managing fighting and aggression with under 12s
- ☐ Hassle-free shopping with children under 12
- ☐ Coping with teenagers' emotions

I would prefer to attend at the following times:

- ☐ During school time in the afternoons
- ☐ After school

Child's name

Class

Parents/Carers name

Signed