



Coulsdon Church of England Primary School
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Mrs Anne Hudson BA Hons, PGCE Acting Head Teacher

Dear Parents & Carers,

1st February 2023

ParentGym Parenting Course

ParentGym is open for parents again this spring. This 6-week parenting course was so successful last term, that parents had exciting reflections on their 6-week sharing journey together. Here are just a few:

- “Things aren't escalating as much, I'm more reflective and calmer”
- “I'm enjoying being with them more, (my children) feel more equipped”
- “I'm using techniques from this course on a daily basis”
- “I'm more sensitive to their needs, taking time out to listen”
- “I stand back a bit more”
- “I'm not alone”
- “I have re-evaluated patterns or behaviours as a parent”

Parents found it reassuring to be part of a group, discussing their experiences weekly. They felt that they had been given techniques and a “toolkit” to help them deal with tricky situations. We even had tea and biscuits!

The dates and times of the next course are:

9am-11:15am on Friday mornings – 3rd, 10th, 17th, 24th March, 21st and 28th April.

Sessions are held in school; all you have to do is stay after dropping your children.

If you are interested in joining the class, please complete the Google form below to register your interest. You can assume you have a place on the course, unless you are told otherwise.

Please speak to me if you have any questions.

Regards,

Ms A Foster

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