

# Online Course

Do you want to get some new ideas to help you be an even better parent?  
Would you like to enhance your relationship with your children?  
How about learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion



Information on  
parenting strategies  
and child development



Hear from other  
parents



Downloadable  
worksheets and  
handouts



Videos, quizzes and  
interactive activities



Do sessions at a time  
that works for you



Weekly support from  
our course experts

## TOPICS COVERED

- Healthy relationships
- Understanding and managing behaviour
- Enhancing children's self esteem
- Emotions and empathy
- What to expect for the age of your child
- Being part of a community

## GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to parenting
- Hear from others about what works for them

---

Find out more or register for the course:

[sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)

[www.strengthening-families.net](http://www.strengthening-families.net)