

How to sign up

Speak to :

or call:

Sessions will be running on:

from the:

at:

in the:



Your name:

Mobile number:

What is the one parenting question you'd most like answered:

Top tips

To help your child be happy, confident and do well



6 Weekly workshops

For parents with children from 2-11

6 week programme session overview

Parent Gym is a course of six 2-hour workshops with 'missions' to complete in between each one.

- Have happier and more confident children
- Get your children to open up and talk more
- Feel calm more of the time
- Make family life more fun

01 / Week



Chat

How to communicate.
Get you and your child talking in a positive way everyday.

02 / Week



Love

How to balance warmth and discipline.
Show your children you care in lots of ways.

03 / Week



Behave

How to be consistent with limit setting.
Bring order to your house with rules and routines that really work.

04 / Week



Care

How to raise healthy children.
Keep yourself and your family happy and healthy.

05 / Week



Discover

How to encourage learning.
Help your little one learn, grow and achieve their dreams.

06 / Week



Together

How to build a support network with parents and children.
Keep your family rock solid and help your child to make friends.

Still looking for a reason to take part?

Over **5000** parents have already participated

98% of those surveyed would recommend to a friend.

Parents' feedback

"I am calm... the family is happier...
It is amazing how a course can change your life."

Parent, Morningside Childrens Centre

"I'm sleeping through the night for the first time in years."

Parent, Boxgrove Primary School

"Parent Gym has worked wonders for me and my family. It's not about who's a good or bad parent – it just gives you lots of ideas to overcome difficulties in parenting."

Parent, Mount Stewart Junior School

