

## Thrive Parenting Programme

A six week course to introduce you to fundamentals of the Thrive approach and how it works in practice.

**Course Overview:** Understanding what the behaviour of children is actually communicating will help you to engage children with life and learning. Ultimately, this will result in better outcomes for all children.

**Have you ever wondered what's happening when your child:**

- Won't listen?
- Answers back?
- Has a tantrum?

**Come on this course to find out about:**

- How our brains develop
- How your right brain talks to your left?
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
- Everyday trigger times and how to keep calm
- How to be a behaviour detective
- Thrive in your community

Learn about the amazing growth of your child's brain through childhood to adulthood and help support their emotional development. The course will run for six sessions that will last for approximately one and a half hours. The sessions will be structured yet informal sessions that will allow time to interact with other parents and carers, ask questions, get help and practical suggestions to use with your child.

The courses are facilitated by Jane Pepa, Headteacher SEMH Specialist College for social emotional mental health. Jane is a qualified Thrive practitioner, trainer and has over 7 years' experience of using the Thrive approach in both main stream and special school settings.

**There is no charge for attending this training programme. You will need to attend all 6 sessions.**

Title of Training	Dates	Time	Venue
THRIVE Parenting Programme (Group 5)	5 <sup>th</sup> June 12 <sup>th</sup> June 19 <sup>th</sup> June 26 <sup>th</sup> June 3 <sup>rd</sup> July 10 <sup>th</sup> July	10am-12pm	Bridge Chapel, Heath Road, Liverpool
THRIVE Parenting Programme (Group 6)	5 <sup>th</sup> June 12 <sup>th</sup> June 19 <sup>th</sup> June 26 <sup>th</sup> June 3 <sup>rd</sup> July 10 <sup>th</sup> July	1:30pm-3:30pm	Bridge Chapel, Heath Road, Liverpool

**Next Steps:** Please email [Emma.Ross@liverpool.gov.uk](mailto:Emma.Ross@liverpool.gov.uk) to confirm your place on this training.