



Sir Joseph Williamson's Mathematical School

Principal: Mr E Hodges



From Family Lives:

Re: Free Parenting Programme - <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/>

The course is **free** to all parents and carers. The course has to be accessed using either Google Chrome or Internet Explorer – **unfortunately it cannot be accessed on an I-Pad or mobile phone or by using Safari.**

The course consists of 6 interactive modules with examples, quizzes, pictures and audio. Each module takes about 30 minutes but you are able to work through the programme at your own pace.

The modules cover:

- How parenting can be challenging
- Communication skills
- Looking after your own needs as a parent
- Promoting Positive Behaviour
- Play and what children need
- Setting boundaries

The programme is ideally suited for people with children aged 0 – 5 but most of the topics can be related to older children and will benefit parents of children up to the age of 11.

PTO is not an accredited qualification it is a self-learning course with the intention of sharing parenting information and guidance.

As with any parenting course either face to face or on-line there is no pass or fail it is all about introducing ideas of how to do things differently.

You can print off module certificates as you complete them, or you can email us for a completion certificate for all 6 modules at the end of the course.

If you would like to register for the course you just need to send your full name, first part of your postcode and the email address you wish to use to access the course using the box below (please include your email address not 'please use this email address') and send the information back to us at services@familylives.org.uk.

Please then allow 10 working days to be sent an email with the link to the course and your unique username and password.

Forename:	
Surname:	
Email Address:	
First part of your postcode only:	

Please do not hesitate to contact Family Lives if you would like more information about the course.

Sir Joseph Williamson's Mathematical School

Maidstone Road • Rochester • Kent ME1 3EL

Tel: 01634 844008 • Fax: 01634 818303 • E-Mail: office@sjwms.org.uk

Company Registration No. 2336587

