

Family Thrive for Parents and Carers

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

Come on this course to find out about:

- the Thrive Approach
- how our brains develop
- how your right brain talks to your left brain!
- 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.



The course is run by Miss Shapley and Mrs Belcher. It is very informal, is an opportunity to meet new people and learn new things. Coffee and biscuits will of course be provided!

When:

Thursday mornings 9am to 11.00am
starting on 9th November

Learn about the amazing growth of your child's brain through childhood and help support their emotional development.

To book your place or find out more:

Contact Miss Shapley (nicoleshapley@coedglasprimary.co.uk) or Jeni Belcher our Family Liaison Officer (Jennifer.Belcher@cardiff.gov.uk) or come and have a chat with us on the playground.

To find out more about Thrive and other courses on offer, please visit: www.thriveapproach.co.uk