



Time Out For Parents

Children with Special Needs

Sessions for anyone parenting children
with special needs aged 3 – 11

Time Out For Parents

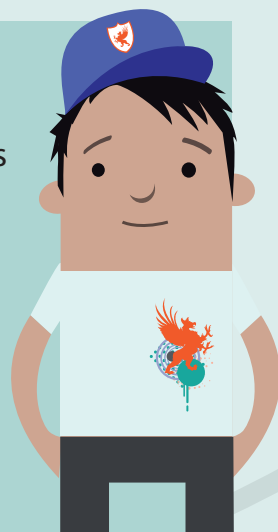
Children with Special Needs

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children with special needs aged 3 - 11, then *Time Out For Parents - Children with Special Needs* is for you. Over seven sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your child even better.

The sessions

- Session 1 Parenting children with special needs
- Session 2 Self-esteem
- Session 3 Coping with your feelings
- Session 4 Understanding behaviour
- Session 5 Managing behaviour
- Session 6 Home and school issues
- Session 7 The wider family



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