

# Free parenting programmes

Our parenting programmes will help you develop new and existing parenting skills, offer advice and build your confidence as a parent.

## Our programmes

- **Little Talkers** (for parents of 18 months to 3-year-olds)
  - focuses on children's speech, language and communication skills and how parents can promote them
  - designed by Buckinghamshire Speech and Language Therapy
  - parents attend with children
- **The Nurturing Programme** (for parents of 3 to 11s)
  - help deal with the challenges that come with parenting
  - think about what we do, why we do it and how it makes us feel
  - parents attend without children
- **Talking Teens** (for parents of 11 to 18s)
  - focuses on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict
  - learn more about teenagers and their needs
  - parents attend without children
- **Keeping Your Child in Mind** (for parents of children of any age)
  - work together in ways that support growing children and a calmer family life
  - explore the conflict between parents/carers both in a current or previous relationship
  - parents attend without children



## Get in touch

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For information, to sign up or to register interest



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