

Parent Centred Parenting



It's child's play

Dr. Amanda Gummer

At the

Radisson Hotel

on

Tuesday 7th July 2009

10.00am - 3.00pm

Sponsored by



Hanson Renouf
Barristers & Advocates



Dr. Gummer is a Psychologist, specialising in play and parenting. She has worked with children and families in a variety of settings since 1993 including running a charity in London, teaching study skills and special needs children in Hong Kong and working as an Associate Lecturer in Child Development for the Open University. She also has two young daughters so understands first hand the pressures faced by parents today. Amanda established **FUNDamentals** in June 2004 and combines her experience and theoretical knowledge to help companies and individuals understand the needs of families and children and turn that understanding into effective practices.



Programme

Lunch and refreshments included,
information pack supplied.

Part 1 - Parent Centred Parenting (All ages)

Exploding the myths of modern family life.

By understanding how children develop and how parenting has changed in the last 30 years, parents can be empowered to make informed choices about their own lives which will reduce stress and promote well-being for the whole family.

Coffee Break

Part 2 - Child's Play (3 - 9 year olds)

Exploring the role of play in children's development

Children learn through play and by understanding the roles of different types of play and how to play effectively with their children, parents can help equip their children with coping mechanisms that will help them through challenges that they face.

Lunch

Part 3 - Stress triggers (1 - 6 year olds)

Meals, sleep and getting out the door!

There are some things that all parents find challenging at some time during their children's lives. This session looks at the most common problem areas and provides practical strategies for dealing with them. Based on the "Parent Centred Parenting" model, these tips provide a tool kit that parents can use as they see fit, rather than a definitive 'how to' guide. The empowering effect of this helps to reduce stress within the whole family and puts parents back in control of their household.

Question and Answer Session (with refreshments)

Name

Address

Telephone

Email

Please make cheques (£75.00 per person) payable to Hanson Renouf and send to:

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