

# Parenting Without Tears

Based on the 123 Magic Parenting Programme

**Looking at the common issues parents talk about.**

- ◆ **Managing unwanted behaviour**– helping your children to stop doing what you don't want them to do!
- ◆ **Encouraging good behaviour**– Helping your child to start doing what you want them to do!
- ◆ **Emotion Coaching**– helping children to identify and manage emotions that drive behaviour.
- ◆ **Strengthening your relationship**– reinforcing the bond between you and your child.
- ◆ **Having FUN together!**

**Sarah Galloway, Clinical Nurse Specialist with Merton  
TAMHS**

will be running another of her very popular  
5 week parenting programme

**Each Friday starting on the 9th June (9-11am)**

Please let me know if you would like to attend by calling the  
school office

or emailing [louise.hart@hillcross.merton.sch.uk](mailto:louise.hart@hillcross.merton.sch.uk)

