



Are you facing parenting challenges with your child or teenager?

A course with Ealing's Parenting Service could be exactly what you need to find out about effective ways to manage children's behaviour and support your children to communicate better with you.

Subjects covered include:

- Setting boundaries
- The difference between discipline and punishment
- Managing sibling rivalry
- How to boost the confidence of both the parent and the child
- Learning how to listen and respond to a child to achieve the best results.
- Giving positive attention instead of negative attention
- Spending quality time with children – what that means and how to achieve it.
- And much more ...

For more information contact:

- 🌐 www.ealingfamiliesdirectory.org.uk
- ☎ **020 8825 6066** or **020 8825 8422**
- ✉ parentingserviceadmin@ealing.gov.uk

Children & Families