



**Parents of children with special needs** often feel isolated and frustrated that "standard parenting advice" doesn't always work. This 7 session course has been written by parents and professionals with input from families with a wide range of experience. These sessions are aimed at those parenting children between the age of 3 to 11 years who have a disability or special educational need with a particular focus on learning, developmental and behavioural issues.

## The course aims to:

- Provide an opportunity to share ideas with other parents and carers in an environment of mutual support.
- Increase your confidence in your skills and abilities to parent your child successfully.
- Teach you skills to raise your child's self esteem.
- Identify the best way to effectively discipline your child.
- To provide you with greater support where you most need it.
- Strengthen the relationships within your family.

This course is followed by 2 optional 3 week courses with a specific focus on ADHD and ASD.

**Every Saturday from 9:30am - 12:00pm**  
**From 23<sup>rd</sup> April to 18<sup>th</sup> June (not 28<sup>th</sup> May or 4<sup>th</sup> June)**  
**CHESTNUTS, MATTS HILL FARM**  
**Matts Hill Lane, Nr Parkwood, Rainham**  
**ME9 7UY**

**Cost: £70 for the 7 weeks**

To secure a place payment in advance required -  
payable to **CooperDaly Solutions CIC**

Contact: [empoweredparenting@yahoo.co.uk](mailto:empoweredparenting@yahoo.co.uk)

Tel: 07793 848509

