



behaviour tonics®

first in practical parenting

- **123 Magic™ & Emotion Coaching**

To help parents manage difficult behaviour in children 2-12 yrs 7-9.30pm
Tue 21st, 28th Feb & 7th Mar (for parents of 2 to 12 yr olds)

Check the website for more dates

NB : (Also available on a one to one basis ie 3 x 1.5 hr sessions)

- **Engaging Adolescents**

Parenting skills for resolving teenage behaviour problems in 11 - 16 yo.

Includes how to hold difficult conversations, working out how NOT to respond to tricky emotional encounters, building your relationship with your teenager. Thurs 2nd & 9th Mar, 6.45 to 9.30pm.

- **Protective Behaviours**

Teach your child a range of skills and strategies to help protect themselves from physical, emotional and sexual abuse. Parents will be taught how to raise the issue of personal safety in such a way that doesn't leave the child feeling scared, anxious or worried. It is also done in a non threatening and non sexual way. Tue 28th Mar, 6.30 to 9.30pm.

- **Parenting Information Sessions** (including 10 take home tips)

These 2 hr seminars are designed to improve your knowledge and confidence as a parent.

- **Private consults and courses available.**

All Wembley location.

Also available In House.

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