

Restorative Parenting

“Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do.”

Being a parent is one of the most challenging roles in life, which is why supporting yourself in that role is so important.

Restorative parenting can be that tool. It is a way to support healthy parent-child relationships, improve communication, and build stronger families.

Over the 6 weeks we'll explore tools and skills to support you in approaching challenging behaviour in a calm and fair way, connecting and tuning into your child and encouraging and supporting your child.

When: Wednesdays (8th May – 19th June)

Where: St. Andrew's Resource Centre

Time: 9.30am – 11.30am

If you would like to join us, please contact **Sonya Goulding** on **086 0296919** or email **sonya.goulding@ncirl.ie**

Dara Terry, Phone: **01 6771930**