



Natural Flair Coaching Ltd

www.natural-flair.co.uk

Pressing The Pause Button Mindfulness In Parenting

Supporting your child with SEND

Thursday, 26 April 2018

9:30am to 11:30am

This 2 hour practical and interactive workshop has been developed following research that shows that developing a mindfulness habit meets a great need for parents to find physical and mental calm in stressful times and situations.

This workshop aims to explore why mindfulness is essential to emotional wellbeing and how a parent can develop good habits both for them and their child.

Resources used promote good adult education practice with a clear purpose and range of learning methods etc. It also promotes positive parenting and the parent/child relationship.

Learning Outcomes & Workshop Objectives:

- **Look at the benefits of mindfulness in parenting**
- **Discuss why mindfulness matters**
- **Learn simple mindful activities that will help you and your child deal with things like anxiety, sleeplessness and improve concentration and a sense of calm in your lives**
- **Experience some mindful activities with a selection of exercises and 1 minute tips to enable you to become mindful (even if you are too busy to be)!**
- **Share easy and simple mindful activities to teach your children**

Venue: Letchworth Garden City Partnership Pod
Northfields Infant and Nursery School
Burley, Letchworth SG6 4PT

Wheelchair accessible. No parking on school site, parking available in surrounding residential roads.

Book online: <http://nhdspl.org.uk/home/event-list.html>
Enquiries: 07527 828 477 – Debbie Robins

Funded by North Herts DSPL Area 1 for parents and carers in the North Herts Area (Baldock, Letchworth, Hitchin and Royston).

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