



Monday 12th January

Dear Parents and Carers,

'Being a parent brings some of life's biggest joys as well as its greatest challenges' (Parentalk)

Being a parent or carer is incredibly rewarding, but can also be very difficult. No matter how hard we try, we all have times when things just don't go as planned! Parentalk is a chance to get together with other parents and carers, to talk about the realities of bringing up our children and to share our parenting experiences and the challenges we face.

Workshops are held in an informal and relaxed atmosphere with sessions facilitated by Mrs Nicholas and Mrs Leigh. Parents and carers learn from each other as well as explore a range of practical strategies and tips presented in the material. Sessions support you to build on your strengths and discover things you might want to start or do differently.

To support families to attend, we are running a free creche to look after your children whilst you attend - if you are unable to get childcare. If all the parents and carers in your home can attend together, this can often be more beneficial in the long run.

Thursday January 22 nd 5.00pm-6.30pm	It's not just me
Thursday January 29 th 5.00pm-6.30pm	Love them and let them know
Thursday February 5 th 5.00pm-6.30pm	It's good to talk
Thursday February 12 th 5.00pm-6.30pm	Boundaries and battles
Thursday February 26 th 5.00pm-6.30pm	Parenting with elastic
Thursday March 5 th 5.00pm-6.30pm	Create a sense of belonging

Please return the reply slip below to your child's class teacher, speak to Mrs Nicholas on the playground or let the office know if you plan to attend so we can plan appropriately. admin@winningtonpark.cheshire.sch.uk

We look forward to seeing you on the 22nd for the first session.

Yours sincerely,

Mr Rob Cole
(Headteacher)

Return this slip to your child's class teacher: Parentalk Spring Term

Child(ren) _____ Teacher(s) _____

Names of adults attending _____

Number of children attending the creche _____

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