

## **123 Magic**

This is a universal parenting group. It is aimed at parents of children aged 2-12. It consists of around 3 one and half hours sessions which involve watching a DVD and then having a discussion about it in small groups afterwards. It concentrates on how you communicate with your child. It looks at the theory that many parents treat their children as little adults and often mix up discipline with emotion; this makes it difficult for parents to give their children a clear and consistent message and indeed for children to understand what is expected of them.

The group is free and we try to provide a free crèche which runs alongside the group. There is homework to do between groups but this involves interacting with your child and should be fun.

This group is good for parents who have not had previous parenting help or children with developmental difficulties and mild behaviour problems. This group is not good for parents who are feeling very negative towards their children or where there are difficulties in the relationship between the parent and child (attachment difficulties).

For further information see the website [www.parentmagic.com](http://www.parentmagic.com)

Parent Comment:

*"We found this really helpful and it worked well, really friendly course, the leaders seemed to put everyone at ease. Well worth attending!"*

**For more information contact Parenting Programme Coordinator on 01223 475 910**