



Christmas can be a testing time for all of us. High expectation together with high stress levels can result in tears.....and that's just the adults! Our young children can struggle with overstimulation and lack of routine and boundaries due to seasonal celebrations.

If you feel you would like to get back to basics with your parenting and reinstate the values you hold dear, then Parentgym could be just the thing for you.

Parentgym is a six week programme of workshops. Each session will address a different topic with practical tips and techniques to make family life easier and help your children thrive. It is open to all parents and grandparents of children between 2-11yrs across the Leodis Trust.

The workshops will run each Tuesday morning at The Hare and Hounds Pub, Batley Road, Tingley, WF3 1DU. The first session will take place Tues 25 February and will continue for 6 weeks until Tues 31 March.

If you would like to put your name forward or more information, please email Nikki Power, Family Support Worker for The Leodis Trust on [power.n@woodkirkacademy.com](mailto:power.n@woodkirkacademy.com)

Click on this link to get more of an idea of what a Parentgym session is like. <http://parentgym.com/>

