



## Changing Behaviours using NVR course



Starting on 25<sup>th</sup> January 2024

5 weeks every Thursday from 1-2.30pm

Online via Teams or in person at **Llangiwig** Primary School Ynysmeudwy SA8 4PJ

**Do you want to learn how to deal with challenging behaviour?**

This course will help you to de-escalate arguments/meltdowns

Give ideas on how to increase parental presence

How to look after yourself

Learn to focus on the behaviour

How to use reconciliation gestures

Learn our triggers

Make the most of support from people around us

Previous Parents feedback

- "I found the whole course really interesting and useful. I originally did the course for help in parenting one of my three children, but I am using the tools to help me parent all three of my boys"
- "Attending the course gave me a lot of confidence that what I was doing already was correct and my partner thought it was beneficial because sometimes we have different views so it's helped us be on the same page"
- "I found the course really good and informative and I now have a better understanding of NVR and have started to implement it as part of my parenting"
- "My home is now much calmer ,we now have less meltdowns from me and my child"

**Please contact Natalie or Charlotte Team Around the Family to book your space**

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*The force of a shouting adult can feel like a terrible tidal wave to a child*