

# The Parenting Children Course

The Parenting Children Course is a series of five sessions (or ten shorter ones) designed to help parents and carers of 0 to 10-year-olds, and parents-to-be, equip their children for life by looking at:

- 1 Building Strong Foundations
- 2 Meeting our Children's Needs
- 3 Setting Boundaries
- 4 Teaching Healthy Relationships
- 5 Our Long-Term Arm



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