



Family Thrive for Parents and Carers

A six week course to introduce you to fundamentals of Thrive and how it works in practice.

Have you ever wondered what's happening when your child:

- Won't listen?
- Answers back?
- Has a tantrum?

Come on this course to find out about:

- How our brains develop
- How your right brain talks to your left?
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
- Everyday trigger times and how to keep calm
- How to be a behaviour detective
- Thrive in your school

Learn about the amazing growth of your child's brain through childhood and help support their emotional development.

Family Thrive Course at Westlands Primary School

The course will be run by Karen Meyrick and Louise Monk who are trained Thrive Practitioners. The course will run for six sessions that will last for two hours in school. The sessions will be structured, yet informal and will allow time to interact with other parents and carers, ask questions, get help and practical suggestions to use with your child.

If you would be interested in coming please fill in the form below and return it to school as soon as possible. If you have any questions please call us on 01795 470862.

Your name:

Your Child's name:

What time of day would you be able to attend the course (Please tick):

Morning:

Afternoon:

Your phone number:

To find out more about Thrive, please visit www.thriveapproach.co.uk