Parent Network Scotland Wellbeing Toolkit.

Developed with the input from Parent Network Scotland Community Facilitators who have been working alongside families during the Covid 19 Pandemic, recognising that children’s health and well-being will be directly impacted if we support parents who are their main role models.   Through work with parents the overarching outcomes for the programme:

* Acknowledge the impact of emotional flooding on children's behaviour
* Understand the importance of self-care for children
* Encourage children in the use of practices to create a calm balanced state and manage emotions
* Encourage closer, healthy and nurturing relationships in families by sharing the tools in a family setting
* Encourage positive communication and respecting feelings and needs

Using both heart and head this toolkit offers you new tools that will support you through the challenges of difficult emotions and to celebrate the joy of being a parent.

To find out more and to register interest;

 <https://www.parentnetworkscotland.com/wellbeing-toolkit-2020>

**For more info on our Wellbeing Toolkit Introduction Sessions Contact** **lornam@pns.org.uk**