

A Peaceful School Run

that sets everyone up for a good day

Getting children to school on time can be the most stressful part of the day. This workshop can help you to:

- Support your children with manage their emotions that might come up
- Empower your children to take more responsibility for getting ready in the mornings.

Using the tools we will cover during the workshop can:

- Save you time and energy because you don't have to repeat the same things over and over again
- Helps children develop life skills that will serve them well at school and in other areas of life

By the end of the workshop, you will have a clear list of simple steps you can take to make your school runs more peaceful.

Where: Borough Green Primary School

When: Friday, April 19, 9-10 am

To sign up: email school.office@bgpschool.kent.sch.uk



Una Archer GMBPsS is a founder of the family support service Help Your Child Thrive. She helps parents feel more confident in their role and navigate parenting challenges in a more connected way. To find out more, visit www.helpyourchildthrive.co.uk