



Tuesday, 17th March 2026

Dear Parents,

Following on from the recent and very well received 'Parenting with Insight' workshops we would like to offer a course with Victoria Markou:

'Parenting with Confidence - Practical tools for calmer, more connected family life.'

Parenting can be hugely rewarding, but it can also raise lots of questions particularly when children experience big emotions, challenging behaviour or sibling conflict.

This three-session course is designed to support parents in developing practical, positive approaches to everyday parenting. Together we will explore how children's emotions influence behaviour, how to respond in ways that strengthen connection, and how clear and consistent boundaries can help family life feel calmer and more manageable.

The sessions will introduce strategies such as emotion coaching, descriptive praise and positive boundary setting, alongside opportunities to reflect on different parenting approaches and family dynamics, including sibling relationships.

The aim of the course is to help parents feel more confident in understanding and responding to their children, with practical tools that can be used straight away at home.

Cost: £90 for all 3 in-person sessions, with a minimum of 4 attendees to make the course viable.

*Sorry, there is no option for one-off attendance. The three sessions on the course link and build from one to the next however there is no need to have attended the recent one-off free session.

Dates: Friday 17th April
Friday 1st May
Friday 15th May

Time: 8.30am-10.30am

Venue: Music room

Workshop Sessions

- **Session 1: Big Feelings and Strong Connections**
Supporting children with emotions, emotion coaching and the power of descriptive praise.
- **Session 2: Boundaries that Work**
Understanding behaviour, setting positive boundaries and responding to unwanted behaviour.

- **Session 3: Family Dynamics and Finding Your Parenting Style**
Exploring parenting approaches and creating a calmer family environment, including sibling relationships.

Course support

- Resource pack
- Email summary including supportive links
- WhatsApp group if desired by participants

If you would like to book onto this course, please click on the link below and complete the short form. Booking will close on Thursday 9th April.

[Parenting with Confidence - Practical tools for calmer, more connected family life – Fill in form](#)

We really look forward to running this empowering course.

Warm wishes,

Pippa Moody
SENCO and Wellbeing Co-ordinator

Victoria Markou
Parenting Coach, ELSA and LSA