

Heads Up

course for young parents



FamilyWorks
PRESBYTERIAN SUPPORT
OTAGO

SUPPORT FOR YOUNG PARENTS

Becoming a mum or dad is a pretty big deal, and being a young mum or dad can be even more of a challenge.

Heads Up will help you build a positive relationship with your child and develop your confidence as a parent. Over six weekly sessions, the course will help you:

- understand the stages of your child's development and be prepared before they happen
- explore parenting styles and the differences each makes for your child
- develop listening and communication skills
- understand your boundaries and develop boundaries for your child
- look after yourself

You are not alone

Heads Up empowers parents to build on the skills and resources you already have. You'll gain valuable insights from other parents as you discuss strategies and share experiences.

Heads Up is held at various locations across Otago. Check our website for current locations and times psotago.org.nz.

Next programme:

All parents and carers welcome.



For further information:

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