



Being a Parent

A free online 9 week course
with creche, to help parents
learn practical skills for
everyday life

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies

For Lambeth parents with children aged 2-11

Tuesdays 7:00 - 8:30pm
2nd May 2023 - 4th July 2023
(No half term session)

Sign up and find out more at
www.lambeth.gov.uk/Parenting



EMPOWERING
PARENTS
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Baby and Us

A free, 9 week course to help parents learn practical skills for everyday life

- Connecting with your baby and understanding their needs
- Looking after yourself and feeling more confident as a parent
- Supporting your baby's development

For parents with babies aged 0-9 months at the start of the course

Hitherfield Children Centre, SW16 2LW

Thurs 10:00 - 12:00pm

4th May 2023 - 6th July 2023

(No half term session)

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Circle of Security Parenting

A FREE 8 week group course supporting you to

- Understand and respond to your child's needs
- Support your relationship with your child
- Improve your child's self-esteem
- Be a confident parent

**For Lambeth families with children aged 4 months to 5 years.
Crèche available. No sessions in half term.**

Individual introduction meetings WB: 1st May

Courses start: 8th May

At Lambeth Children's Centres:

Loughborough, SW9 7UA, Tuesdays, 10-12pm

Benton's Lane, SE27 9UD, Wednesdays, 1-3pm

Maytree, SW4 8EG, Thursdays, 1-3pm

Stockwell, SW9 9QJ, Fridays 1-3pm

(times include 30 mins wrap around creche to settle/handover)

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NHS
South London
and Maudsley
NHS Foundation Trust


Lambeth



Being a Parent (1-3)

A free 9 week course with creche, to help parents learn practical skills for everyday life

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies

For Lambeth parents with children aged 1-3

**Benton's Lane Children's Centre
(SE27 9UD)**

**Tuesdays: 9:30 - 11:30 am
2nd May 2023 - 4th July 2023
(No half term session)**

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