

# Positive Parenting 1:

## Helping Your Child Develop Emotional Literacy

with James Reynolds, Evidence-based Researcher & Author, who has for many years studied the emotional development of children and young people

**Saturday, 2 February 13.30-17.30**



As parents, we frequently find ourselves at a loss to understand how best to respond (or not!) to the emotional challenges our children present. Guidance from books and so-called “experts” doesn’t necessarily work – and there is little real support out there to help us with that most difficult task of being a parent. While not claiming to provide all the answers, this workshop will give you a better understanding – derived from scientific research – of how to help your child become more emotionally literate.

**Cost:** £35 includes refreshments **Code:** WPP1

**The Letchworth Centre for Healthy Living**

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