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Parent Gym is coming to Harewood Infant School!

Dear Parents and Carers,

We are excited to invite you to join us for **Parent Gym**, a FREE six-week programme for parents and carers at Harewood Infant School!

Parent Gym is a lovely opportunity to come together with other parents, share experiences, pick up practical tips and explore ideas to support family life.

The sessions are friendly, relaxed and welcoming, with plenty of opportunities to chat, share ideas and learn from one another. Whether you're looking for some new ideas or simply fancy meeting other parents in our school community, we'd love you to join us!

Everyone is welcome, and the programme is completely free.

Each weekly session lasts two hours, and will take place in school on:

Tuesdays, from 9:00am

3rd November: Taster (45 mins) – Join Fern and Lorraine for a relaxed introduction to Parent Gym. Find out what the programme involves, meet other parents and see whether it's something you'd like to be part of.

10th November: **Chat** – Helping your family talk and listen to each other

17th November: **Love** – Building self-esteem, confidence and independence

24th November: **Behave** – Exploring positive ways to support behaviour and family routines

1st December: **Care** – Looking after ourselves and our families

8th December: **Discover** – Supporting your children to learn and explore

15th December: **Together** – Looking to the future and celebrating what we've learnt

Fancy joining us?

Please click [THIS LINK](#) to register your interest, or have a chat with Fern Kendrick or Lorraine if you'd like to find out more.

We would love to see you there!

Best wishes,

Fern Kendrick



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