

## **Self Esteem and Settling into School**

Two entertaining and informative workshops for parents

## The Complete Guide to Settling into School



Monday October 3<sup>rd</sup> – Kingston

Resilience, anxiety, making and managing friendships and any other concerns you may have. For parents of children in Reception.

(£1 places available to those who need them.)

## **Developing Self Esteem**



Thursday October 13<sup>th</sup> – Chiswick Self esteem- what it means, where it comes from and what we can do to help build good strong self esteem for our children and ourselves.

For more information, to ask a question or to book your place, <u>click here</u> or go to <u>www.gillhines.co.uk</u>.

To subscribe for more workshop and support information click here

Gill Hines is an Education and Parenting Consultant with 40 years experience of working in schools and with families. She is the co-author of 3 books for parents including the best seller 'Whatever'.