

*At the beginning of the course, I was really struggling with ways to help my child handle their emotions.*

*One of the most important things I learnt from the course was how important it was to be in the moment with your child with no distractions, and that it wasn't too late to go back and start from the bottom. Spending time with my child showed them that they didn't have to act up or misbehave to get my attention. I quickly realised how important it was to spend quality time with my child. I would never have known how important this was to my child if I had not attended the course. It is very easy to get distracted with a busy life and overlook things like that and think that it will not have an impact.*

*Meeting other parents and talking to them about their struggles also helped me to grow more confident in my parenting skills. I realised I wasn't alone and other parents struggle with similar things to myself. This new-found confidence helped me assert myself more when it came to managing difficult behaviour.*

*Doing the course during a pandemic was hard but I did feel as though you were still fully supported in the meetings. I feel like this was because the group leaders and the other parents were all understanding of each other and we were all in the same boat, I never once felt uncomfortable or judged.*

*My child has come a long way since the beginning of the course, some things are no longer a problem and other things still need a lot of work from us both. I often worry about what my child will be like when they are older but I no longer feel like I cannot manage. Some of the skills I learnt will equip me and my child to deal with these times.*

*I would urge any parent to do the course as it can really help. When I started the course, I did not think it would make a difference but it has. I can now help my child to understand their emotions and help them to manage them in a better way.*