

Parent support *drop-in*



As a parent/carer you want the best for your children, but there are times when you may need extra help and guidance, or you may just want to get out of the house with the children and have a friendly chat with an adult.

Pop along and see Jacqui, our Health Improvement Officer, who will be happy to chat with you.

TUES 7 FEB

9.30am-12noon and 1-3.30pm

**Yew Tree Road
Children's Centre**

Yew Tree Road, Slough, SL1 2AR
T: 01753 527571

Examples of information and guidance we can offer include:

- positive parenting and managing behaviour
- speech and language development for 0-5s
- support for children with additional needs
- how to budget and manage debt
- toilet training
- sleep patterns and night-time routines
- fussy eating, meal planning and recipes
- the opportunity to meet other parents and children.

