

“FIRST STEPS”: A COURSE FOR PARENTS OF CHILDREN 0-3 YEARS OLD



WHO? Family Development Foundation (FDF) is the UK affiliate of the [International Federation for Family Development \(IFFD\)](http://www.familydevelopment.org.uk), a non-profit organisation which offers support to families through training programmes for parents.

WHY? Inspired and run by parents who saw the challenges currently being faced by families. They decided to create a supportive space for parents to share their thoughts, ideas and learn how to raise the children in the best possible way, enriching their relationships and providing a solid grounding to enable them to lead happy and meaningful lives.

WHAT? Topics include: Key aspects of child development, The family environment, Heredity and temperament, Communication within marriage, Siblings, The role of play in the life of a child, Nursery and preschools, Will and discipline, Training in sensitivity and The Virtues.

HOW? The courses use the “case-study method” a non-prescriptive approach, which encourages parents to discuss real-life situations described in fictional cases, in a supportive atmosphere of small teams and at general sessions moderated by experts, where everyone’s opinions are valued and respected.

WHEN? Courses take place over 5 sessions, on a monthly basis (Saturday afternoon). The next FIRST STEPS course will start from middle January 2018 in Caterham. It will involve a moderated session lasting approx. 1.5 hr, preceded on a different day by a meeting in a small team.

WHERE? Sacred Heart Church (Centenary Hall). Essendene Road, Caterham, CR3 5PA

A LITTLE TASTER: Friday 27th October, 2017 at 7:45 pm in the “Old Hall” of the Parish we will have a “taster session” demonstrating the case-study approach, followed by questions and answers.

CONTACT: Email: FDFLondon@Outlook.com or Phone: 07506 592922 (Joel)

REGISTER YOUR INTEREST (no obligation): Go to <http://familydevelopment.org.uk/courses/first-steps> and Select [First Steps \(Purley & Caterham area\)](#).

Website: www.familydevelopment.org.uk Email: info@familydevelopment.org.uk

 Family Development Foundation - UK - London Hub

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