

## Family Thrive for Parents and Carers

A six-week course to introduce you to the fundamentals of Thrive and how it works in practice

Come on this course to find out about:

- the Thrive Approach
- how our brains develop
- how your right brain talks to your left brain!
- why play and creativity are so important to you and your child
- how to support your child at times of change and difficulty
- everyday trigger times and how to keep calm
- how to be a behaviour detective.



### Where and when:

Date to be confirmed  
Please email interest to  
[jessica.milnthorp@sandringham.school](mailto:jessica.milnthorp@sandringham.school)

Learn about the amazing growth of your child's brain through childhood and help support their emotional development.

### To book your place or find out more:

The course is run by a Thrive-approved course leader who is an experienced licensed practitioner. It is suitable for you if your child attends a setting that embraces a whole setting approach to Thrive. To book your place or to find out more, please contact:

For more information please contact... [jessica.milnthorp@sandringham.school](mailto:jessica.milnthorp@sandringham.school)

To apply for this course, please fill out an application form and hand it to a member of staff. There are **only 12 places** available so don't delay! Application deadline ....

To find out more about Thrive and other courses on offer, please visit:  
[www.thriveapproach.co.uk](http://www.thriveapproach.co.uk)