

Rachael Underwood – Early Years Trainer

Workshops for Parents



Thursday 19th October
8pm – 9.30pm

£15 /person

BOOK NOW VIA

Gymboree Play & Music Surbiton

Call 020 3609 8007 or email
Surbiton@gymboreeclases.co.uk

Surbiton Plaza,
16 St Marys Road, KT6 4EP

How to play together with your Child

Non-directive Play – Special Time

In this workshop we will look at how you can build strong positive relationships with your children by using non-directive play. This is a technique you can use now, and as your child grows up, to help create a strong positive relationship with your child.

You will learn what is involved in a non-directive play session and we will look at how, as well as building self esteem this strategy can help towards developing children's concentration, developing their problem solving skills, and building their confidence.

What parents who have been on this workshop said

'The strategy is so simple and I feel I know how to play with my child now. She really enjoys our times together and so do I!'

'Quite simply non-directive play transformed my relationship with my child. I understand him much better now'

Rachael Underwood – Early Years Trainer

Workshops for Parents



Tuesday 14th November
8pm – 9.30pm

£15 /person

BOOK NOW VIA
Gymboree Play & Music Surbiton

Call 020 3609 8007 or email
Surbiton@gymboreeclases.co.uk

Surbiton Plaza,
16 St Marys Road, KT6 4EP

Boundaries without Tears – Yours or Theirs!

‘Don’t touch that!’ ‘You can’t have that cake now!’

Young children don’t always do we want them to do, this can be challenging for parent and child alike. In this workshop, we will look at ways we can set boundaries for our child by communicating in a way that promotes honesty and kindness and leaves both parent and child feeling ‘in control’.

We will explore strategies to help parents say ‘No’ in a positive way and look at how we can give young children ‘limited choices’ which helps them learn how to regulate their own behaviour through the choices they make.

Feedback from parents who have been on this this course:

‘Knowing about the strategy of giving limited choices to my child has changed our lives!’

‘I don’t feel like I am nagging my child so much, the atmosphere in a house is much nicer, and he doesn’t have so many melt downs’

Rachael Underwood – Early Years Trainer

Workshops for Parents



Thursday 30th November
8pm – 9.30pm
£15 /person

BOOK NOW VIA
Gymboree Play & Music Surbiton

Call 020 3609 8007 or email
Surbiton@gymboreeclasses.co.uk

Surbiton Plaza,
16 St Marys Road, KT6 4EP

Going Beyond ‘Play Nicely’ – Resolving the Conflicts Children Have with Each Other

‘They both want the same toy & I don’t know who had it first’
They both want to be Mum in the game’

Conflicts are a natural part of children’s lives. In this session, we will consider six problem solving steps that parents can use to support children when they have conflicts with one another.

These steps have been adapted from adult conflict resolution steps and have been made developmentally appropriate for young children.

Parents can start to use the steps even with very young children so that they start to learn that, although problems are challenging, they can be talked through and resolved.

Over time children can learn to mediate conflicts themselves, a skill which they will find useful in the school playground and later in the world of work.

‘I didn’t used to know what to do when my daughter started arguing with her friend but now I have a strategy I can count on.’

‘Its so exciting to hear my child independently using the problem-solving strategies! I think he’s going to be alright in the playground when he starts school.’