**FREE*O*n-Line Sharing Parenting Course!**

***We all want to be the best parents we can be and get maximum enjoyment out of the experience of having children. Sharing Parenting is here to help.***

This On-Line Sharing Parenting Course consists of ***four 20 minutes sessions*** aiming to introduce you to all the thinking Sharing Parenting support for parents is based on and how you can use it.

[Introduction and Session 1 – Setting the scene](https://vimeo.com/359139269)

[Session 2 – Parenting Styles](https://vimeo.com/359142126)

[Session 3 – Identifying Needs](https://vimeo.com/359145334)

[Session 4 – Understanding Challenging Behaviour](https://vimeo.com/359147008)

To get the most out of the course please find a quiet spot where you will not be disturbed, grab some paper and a pen to write down your thoughts and relax and enjoy!

Click the line below

<https://www.sharingparenting.com/for-parents/sharing-parenting-courses/online-sharing-parenting-courses/>

I'd love to know what you thought of it.

Mrs Arfi