

# Child-Parent-Relationship (C-P-R) Training

Give your children what they need most: You



When children have problems, sometimes they don't have the words to talk about them. Play gives children a way to communicate feelings they don't understand or can't express any other way.

Play therapy has been shown to be an effective intervention with children for a variety of behavioral and emotional difficulties. Research has shown that motivated parents can be trained to be as effective as play therapists using play therapy skills with their own children, with as little as 20 hours of

Child-Parent-Relationship (C-P-R) Training.

Research studies have shown that Child-Parent-Relationship (C-P-R) Training can:

- Reduce or eliminate behavior problems
- Enhance the parent-child relationship
- Develop responsibility and self-control in children
- Increase children's self-esteem and self-confidence
- Increase parents' feelings of warmth for their children

Child-Parent-Relationship (C-P-R) Training is conducted in 10 weekly, 2-hour sessions. The atmosphere is friendly and accepting and the training interactive, making it enjoyable and interesting.

Some of the things you will learn include:

How to help your child open up to you

Therapeutic limit -setting

Recognizing emotional needs and building self-esteem

Fostering creativity, self-control, and self-responsibility



Contact: Karon at Chepstow Therapy Rooms on 07743 926756  
or karon.edkins@gmail.com for charges and details on how to book

**Starts 30<sup>th</sup> April 2015**  
9.15am – 11.15am