

### **Parental feedback on their Parent Gym journey in Autumn 2019**

Parent 1 - If you are hesitating and wondering if this course is for you – don't. This course is for everyone. It will empower you in all areas of parenting. The course, combined with the take home materials provides many practical ideas on how to unify, support and engage with your family. The sessions are helpful, inclusive, engaging and enthusiastic. This course will bring joy to your home.

Parent 2 – I would highly recommend Parent Gym to all parents! My confidence as a parent has grown so much and I have thoroughly enjoyed the Parent Gym journey. As well as learning such a lot of helpful things from the wonderful Gina, our teacher, I also felt I learnt a lot from the group too. My family have benefited from my much calmer and more thoughtful parenting. Thank you!

Parent 3 – Lots of super helpful tips to improve home life which really work. Would definitely recommend to anyone who has a challenging time of parenting, or who would just like to improve their skills. Also a great way to meet other likeminded parents and not feel alone in dealing with parenting issues.

Parent 4 – The course has been extremely useful. I've learnt lots of new ideas and tips and the instruction has been fab. I would recommend the course to every parent.

Parent 5 – Parent Gym is a great way of consolidating the bits and pieces of advice you pick up as a parent. It is not preachy, it's practical. It has helped build my confidence and hope for successful parenting in the future.

Parent 6 – Parent Gym helped me with lots of ideas for fun activities to do with the kids, tactics on how to manage behaviour and get ahead to avoid challenging situations. It has given me confidence to try new things and keep my cool.

Parent 7 – I feel more confident. Thank you very much. I will not ever forget the advice I got.

Parent 8 – You're never too experienced as a parent to learn new techniques. It's been excellent. Thank you.

Parent 9 – The classes were very enjoyable and informative. It starts great conversations regarding parenting and family life.

