

Parent Gym at Ridgeway

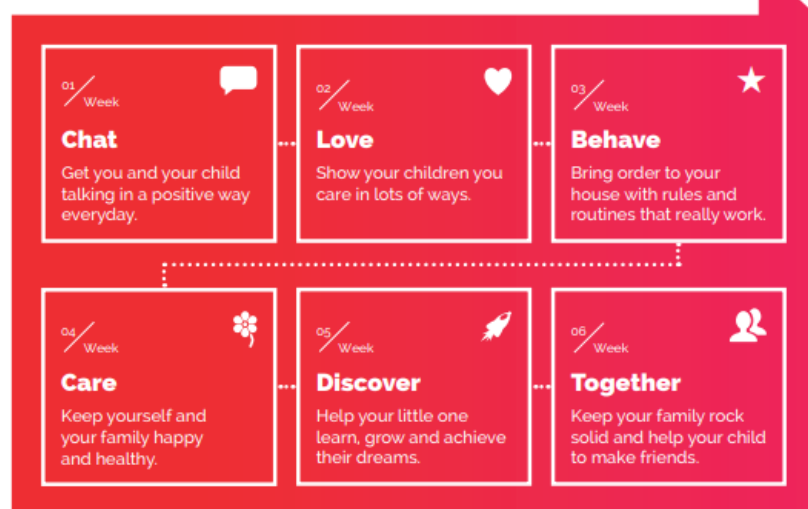


Parent Gym is a regular feature of the parent offer here at Ridgeway. It helps parents to raise confident, happy children. We have already run ten successful programmes and parents who take part have a positive and interactive experience across the six week programme. If you would like to know more please take a look at the website as follows: [Home - Parent Gym](#)

What we do

Parent Gym provides parenting programmes free of charge to schools and children's centres in the state sector. Our programme has been designed by leading psychologists and is suitable for parents of children aged 2-11. The sessions are highly interactive and participative. (See the 'Six week programme' section below for more detail on what is covered during the six weekly sessions of our programme).

Six-week programme session overview



Parent Gym programmes are facilitated by our Parent Gym Coaches. Some of these are volunteers from the community, others are in-house staff members based in schools or children's centres. All our coaches go through rigorous screening, training and assessment to prepare them to deliver Parent Gym; they then receive ongoing support, mentoring and training.

Parenting makes such a big difference to children's lives; our work hopes to support families so that their children are given the best start in

life. We know that every parent faces challenges and times when they struggle, and also that every parent has the capacity to grow and reflect on the way they parent. All parents should have the support they need with their parenting; we believe that parenting programmes should be seen as an integral part of parenting, just as ante-natal classes already are.

"Parent Gym has helped me to become a calmer and more patient parent."

Please look out for school communications in the Autumn Term for the opportunity to sign up for a programme.