Most parents would like ideas or help with their parenting at some time in their child's life. At Netmums, we're into Real Parenting - the idea that being a "good enough" parent rather than a perfect parent is simply enough. This course, which we have put together with our friends at Family Links, aims to give us parents faith in our own abilities, to know that we are "good enough".

The course comes in 3 parts with regular emails over 8 weeks (with a week off in between each part of the course).

- **Part 1, Getting the Best**, covers praise, discipline and keeping calm; it looks at some helpful strategies for getting the best from your children.
- **Part 2, Stopping the Worst**, deals with family rules, behaviour, self-esteem and choices; it focuses on understanding and managing worst behaviour and agreeing family boundaries.
- **Part 3, Families Together**, covers feelings, nurture and labels; it explores how relationships with our children work and looks at having fun together. There are also some useful tools to keep things going.

**Who to contact**
- **Email** contactus@netmums.com

**When is it on?**
- **Date & Time Information** Online support

**Other details**
- **Cost(s)** Free online advice

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