

A close-up photograph of a woman with curly hair hugging a young girl with curly hair. The woman is smiling and looking towards the camera, while the girl is smiling and looking slightly away. They are both wearing dark clothing. The background is a soft, out-of-focus green.

parentgym

FOR PARENTS WHO CARE

**SIGN UP FOR A FREE
6-WEEK PROGRAMME**
packed with the secrets of
how to be a great parent.

WHAT'S IN IT FOR ME?

By using the techniques on this programme
your children will:

- Get on better with their siblings and other kids.
- Learn faster and do better at school.
- Smile, laugh and be happier more of the time.
- Listen more and argue less.

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