

Empowered Parenting

giving you and your child a head start

Delivered by Emma Gowers

Bringing up a child can be the most amazingly rewarding experience - but it can often bring challenges and frustrations. Sometimes it can feel as much a battle as a calm family experience.

Come and hear about The Gower School's successful way of supporting children in their development journey, to become calm and happy children, surrounded by adults who are confident in knowing what their child's development needs are at every stage.

The course sets out how children's bodies and minds develop as they grow, the support they need at every age, and how adults can best offer it.

It explains how children develop in the major areas of language, maths, creativity and behaviour.

From a strong foundation of understanding of what children need at every stage, it sets out simple practical ways of living with children, and gives effective positive language tools for adults to use in everyday situations to reduce stress.

And it is the ideal place to discuss specific challenges of individual children in an understanding and supportive environment, and develop strategies to address them.



"I found Emma's parenting workshop really useful with lots of practical tips and suggestions that I hadn't thought of, we've already made some positive changes at home this weekend"

The programme is made up of five, 2 ½ hour modules:

1. The secrets of child development

- Core principles of the developing child and what you can do practically to support them

2. Behaviour

- How to positively manage and guide your child's behaviour for the best

3. Language development and the basics of literacy

- The foundations that underpin all language and reading, preparing your child for school

4. Number development and the basics of maths

- Creating a love of and ease with numbers

5. Creativity

- Setting free your child's inner artist

Each module will have information, discussion, practice and application. Your child will be the main focus, the aim being to empower you as a parent to give you the skills, insight and reassurance that you need so that you can give your child the support they deserve.

Emma Gowers has many years' experience helping young people grow into happy, calm and confident individuals. In 2000 she set up The Gower School to offer parents in Islington a way of supporting children to develop into happy and confident learners, grounded in the Montessori philosophy. Children now go on from the school at 11+ to the major independent senior schools in central and north London. The Gower School children always stand out for their confidence and kindness, as well as academic and sporting excellence. The Gower School is highly rated by inspectors, is an accredited Montessori school, and graded Outstanding or Excellent in every area by the Independent Schools Inspectorate (ISI). It has a strong reputation for its working in partnership with parents. Emma is active in both the Montessori Schools Association movement and the Independent Schools Association. As a former local councillor, it is very important to her that the school is strongly rooted in its local community.

Autumn - Wednesdays 3rd, 10th, 17th and 24th November and 1st December 2021

Spring - Wednesdays 2nd, 9th and 23rd February, 2nd and 9th March 2022

Summer - Wednesdays 11th and 18th May, 8th, 15th and 22nd June 2022

Time: 6:30pm-9pm

Location: The Gower School, 10 Cynthia Street, London N1 9JF

Cost: £155 One Gower School parent / £280 Two Gower School parents

£180 One non-Gower School parent / £330 Two non-Gower School parents

If you are interested in this programme and would like to apply please contact us on info@thegowerschool.co.uk or call 020 7700 2445

www.thegowerschool.co.uk