



Conwy Family Life

Talking to your kids about

Growing up



Puberty, Periods and the Pantasaurus Song...
Not sure where to start when talking with your child about growing up?

This is a practical session to give you confidence as a parent.
Delivered by Judith Roberts (Teach Health 4 Kids)
- the author of the 'Growing up' resources used by the schools in Conwy.

English session - Tuesday, 15 June, 9:30 - 11:00 am

Welsh session - Tuesday, 15 June, 7:30 - 9:00 pm

On Zoom

To book a place, email: familycentres@conwy.gov.uk





Bywyd Teuluol Conwy
Siarad gyda'ch plant am

Dyfu fyny



Glasoed, y Mislif a'r Cân Pantasaurus...
Ddim yn siwr ble i ddechrau wrth siarad â'ch plentyn am dyfu fyny?

Sesiwn ymarferol yw hon i roi hyder i chi fel riant.
Arweinir gan Judith Roberts (Teach Health 4 Kids)
- awdur yr adnodd 'Tyfu fyny' a ddefnyddir gan ysgolion Conwy.

Sesiwn Saesneg - Dydd Mawrth, 15 Mehefin, 9:30 - 11:00 am
Sesiwn Cymraeg - Dydd Mawrth, 15 Mehefin, 7:30 - 9:00 pm

Ar Zoom

Archebwch lle drwy ebostio: canolfannauteuluoedd@conwy.gov.uk

