

# Kensington Primary Feedback Report

parentgym  
FOR PARENTS WHO CARE

the  
mindgym

# The statistics



5 sessions ran between January and March in 2019

49 participants gave feedback

96% felt actively involved in the workouts

96% felt the content was relevant to them

98% will use what they have learnt

98% would recommend the workout to others

100% would rate this workout as very good or excellent

# Feedback by course

Course	Q1%	Q2%	Q3%	Q4%	Q5%	Runs	People
Parent Gym, 6 week programme: 2. Love	100	90	100	100	100	1	10
Parent Gym, 6 week programme: 3. Behave	100	100	100	100	100	1	10
Parent Gym, 6 week programme: 4. Care	100	100	100	100	100	1	8
Parent Gym, 6 week programme: 5. Discover	90	90	90	90	100	1	10
Parent Gym, 6 week programme: 6. Together	91	100	100	100	100	1	11

Q1 - I felt actively involved in the workout, Q2 - I felt the content was relevant to me, Q3 - I will use what I have learnt, Q4 - I would recommend the workout to others, Q5 - I would rate the workout as very good or excellent

# What the participants thought



## 6 week programme: 2. Love

### Comments

"Things are practical. We had a chance to talk about our own problems and solutions"

"It is wonderful to be part of Parent Gym"

"I learn more this sessions and think I want to change myself first"

"Helpful session, got ideas from other parents as well during the discussion."

"Giving is loving, respect kids for their time and thought."

"Soofia is a very nice trainer in this gym"

"Very helpful session. This session will help me to do better parenting."

## 6 week programme: 3. Behave

### Comments

"Very nice inputs on how to behave, rewards, rules. Strongly recommend to my friends."

# What the participants thought

## Comments

"Informative"

"Really really very useful session how I change myself and my daughter also change more in her regulary life style"

"Good behaviours is strong route for children upbringing"

"Please make all the parents have this course. It is excellent. I used to give such trainings to the parents in my ex-school but this one is different. Thank you."

"The reward chart is very good which I learnt in a different way. But the one here is more achievable. My parenting is getting better."

"Parent Gym is very helpfull for all parents to control their child"

## 6 week programme: 4. Care

### Comments

"Superb session. Very well handled by Soofia"

# What the participants thought

## Comments

"Really really very useful class as a mother I learn more from this class"

"During discussion, suggestions from other parents are helpful as well."

"All parents need to join this gym"

"It's good to learn new things. As I always say, things are practical"

## 6 week programme: 5. Discover

### Comments

"Excellent session. Thanks for organising."

"Informative. Learned some things to implement in the future."

"I love this session."

"Very useful session for all."

# What the participants thought

## Comments

"Our main thing is to make homework a haven"

"I had difficulties with my elder son. I will try to use some of the things I learnt and I am sure it will work."

## 6 week programme: 6. Together

### Comments

"Togetherness is to have a happy and healthy family."

"Thank you for organising."

"Very useful course."

"Very helpful session for all of us parents."

"All parent's need to join Parent Gym!"

"A good program which we really will miss when it is over."

# What the participants thought



## Comments

"Excellent session. I will miss Soofia."

"Thank you so much for organising. It was a great session."

"Very helpful session on how to handle children's behaviours and emotions."



