



## Understanding Your Child's Behaviour.

(A Solihull Approach Group for Parents)



**Understanding Your Child's Behaviour** is a programme for parents and carers who want to know more about sensitive and effective parenting. It helps parents/carers develop a way of relating to their child that promotes healthy child development and effective behaviour management.

Each course runs for **10 weeks** and each session lasts about 2 hours. The course is suitable for parents and carers of children under the age of 11 years old. The sessions are run by staff from the school nursing service who have been trained to run these group.

Sessions include:

- How are you and your child feeling?
- Tuning into your child's developmental needs
- Parent-Child relationship - having fun together
- Self-regulation and anger
- Communicating with your child



If you are a parent or carer and you would like further information or to book a place on the above course then please contact us by email or phone:

Email: [wellbeing@walsallhealthcare.nhs.uk](mailto:wellbeing@walsallhealthcare.nhs.uk)

Phone: **01922 423349**