



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 **9 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 groups.

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



Dates of the next courses are:

Group 1 (FACE TO FACE Group)

Monday 31st January 2022 at 10am-12pm

(For 9 weeks – no session during half term holiday)

The group will take place at: Harden Health Centre (1st Floor – School Nurses), Harden Road, Walsall, WS3 1ET ***(Please note that there are limited places available on our face to face groups due to Covid regulations)***

Group 2 (VIRTUAL Group)

Friday 4th February 2022 at 10am-12pm

(For 9 weeks – no session during half term holiday)

This group will be delivered virtually via Microsoft Teams (Instructions and a link will be sent to parents/carers once you book a place)

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

Email: wellbeing@walsallhealthcare.nhs.uk

If you have any questions please contact School Nursing Single Point of Access on 01922 423349

