

Understanding your child's behaviour

A Solihull Approach group for parents



- Would you like to know more about your child's development?*
- Do you understand your child's behaviour?*
- Would you like a chance to meet with other parents with children of a similar age?*
- Do you know why children have temper tantrums?*

The group is for parents who want to know more about parenting and how children develop, and to understand children's behaviour better.

This group is focused on parents and carers of children aged between 8 and 11 years.

Evaluations of previous groups have revealed that parents have found this group helpful, they tend to feel less anxious and their children's behaviour tends to improve.

We will explore issues like:

- ❖ **Having fun together**
- ❖ **Communication**
- ❖ **Development needs**
- ❖ **Parenting styles**
- ❖ **Behaviour difficulties**
- ❖ **Sleep**

The group will be run for two and a half hours once a week for ten weeks in Barrack View Primary Care Centre. Groups do not run in the school holidays.

This course and everything you need is free.