

# UNDERSTANDING YOUR CHILD



## S O L I H U L L   A P P R O A C H

# Understanding Your Child's Behaviour

## The Solihull Approach – Supporting Parent-Child Relationships (8-11 years)

**Start Date:** 4<sup>th</sup> April 2019

**End Date:** 27<sup>th</sup> June 2019

**Time:** 10.00am – 12.30pm

**Venue:** Barrack View Primary Care Health Centre, Lord Edward Street, Limerick

**Facilitators:** Megan McGinley and Sarah Summerville



- 
- For parents who want to know more about sensitive and effective parenting.
  - To support the development of a healthy parent/child relationship and promote behaviour management.
  - 2.5 hours weekly X 10 weeks in Barrack View Primary Care Centre.
  - Issues explored include:
    - Parenting styles
    - Communication
    - Temper tantrums
    - Behavioural difficulties
    - Sleep patterns
    - Exploring feelings

---

### **BOOKINGS AND INFORMATION:**

This Solihull Approach Group is for parents and carers living in the Limerick City and County area.

**Booking is essential** for this discussion group as places are limited.

Please contact **061 461774** or **061 461791** for more information.