



## Understanding your child's behaviour

A Solihull Approach group for parents and carers



- 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?*

At school, we run the Understanding you child's behaviour group following the Solihull approach.

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

Our evaluation of previous groups has shown that parents have found this group very 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 hours once a week for ten weeks. Groups do not run in the school holidays.

**Our previous parents said:**

- "I have changed the way I communicate with my daughter and others"
  - "I've learnt how important it is to listen"
- "I think every parent should complete a course like this, I am a more understanding and mindful parent because of this".
  - "I get on better with my children now"
  - "I have learnt to look after myself more"
  - " I now make time to spend quality time together"

**If you would like to attend  
this group,  
or for further details  
contact:**

Kim Brimble (Family Support Worker)

Telephone: 0151 424 4234

Don't worry if you do not know anyone else coming to the group, the course leader (Kim) will contact you before the group starts and will tell answer any questions you have.