



## Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

### When?

- Mondays from 18:00-20:00,  
Starting 6<sup>th</sup> January 2025

### Where?

Delivered virtually over  
Microsoft Teams



To book scan the QR code or click:  
[Parenting children aged 0 to 11](#)  
([office365.com](#))

### Contact us

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