

Parenting a child aged 4-11



Solihull - Understanding your child

A 10-week workshop delivered weekly either face-to-face or virtually. 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?

Thursdays from 09:30-11:30,
Starting 23rd January 2025

Where?

The Lighthouse Family Hub
TR11 2BB



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

Contact us

Email: parenting@cornwall.gov.uk

Website: www.cornwall.gov.uk/parenting