

## Understanding Your Child

### 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 the chance to meet other parents with children of a similar age?

**Understanding Your Child parenting groups take place across Solihull, for parents and carers of children aged from 6 months to 19 years.**

The group offers parents and carers the opportunity to learn more about their parenting, how children develop and begin to understand their behaviour.

Evaluation of previous groups has shown they have helped to reduce parental anxiety, enhance the parent/child relationship and impact on their children's behaviour.

Issues explored include:

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



**The group is led by two trained facilitators, who have a wide range of experience in working with children and families.**

**Groups are held each school term and run for 2 hours, once a week, for 10 weeks and are completely free of charge.**

**A crèche facility may be available for children requiring care whilst you attend the group.**

**For further information about parenting groups in Solihull, please contact the Parenting Team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net) or follow us on our Facebook page – Solihull Parenting Team**