



UNDERSTANDING YOUR CHILD

S O L I H U L L A P P R O A C H

Understanding your child – **Free** popular course

This is an enjoyable, well-established and trusted way of understanding more about your child. 'Understanding your child' is for mums, dads, grandparents and carers. Parents often say they feel calmer, more confident and have a better relationship with their child. The course was developed in the NHS together with frontline practitioners.

The course covers

Responding to how your child is feeling

How your child develops

Different styles of parenting

How your child communicates

Understanding your child's behaviour

Sleep, self-regulation and anger



Sessions are open to parents in the **Rhyl** area

Sessions will be held in Ysgol Dewi Sant from 9.15am- 11.15 am
every **Friday** during term time starting on:

January 23rd for 9 weeks

It is important that all sessions are attended

For more information and to reserve a place, please contact Family Link Worker:

Hayley 07881008375 Steph 07917814835