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## 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 the chance to meet with other parents with children of a similar age?
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Understanding Your Child's Behaviour Parenting Groups are held for parents and carers in a variety of venues throughout Solihull, for age ranges from birth to 16yrs.

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 of working with children. 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.

Don't worry if you do not know anyone else who may be coming to the group - one of the group facilitators will contact you directly before the group starts to provide you with more information and answer any queries you may have.

If you would like to attend a local parenting group, or require any further information, please contact the parenting team on 0121 329 1911 or via email to [parenting@heartofengland.nhs.uk](mailto:parenting@heartofengland.nhs.uk)