

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?

- Wednesdays from 18:00-20:00, starting 18th September 2024

Where?

Delivered virtually over Microsoft Teams



To book scan the QR code or click: [Parenting children aged 0 to 11 \(office365.com\)](https://office365.com/parenting-children-0-11)

Contact us

Email: parenting@cornwall.gov.uk
Website: www.cornwall.gov.uk/parenting