



# Solihull - Understanding your Child

A 10-week workshop delivered weekly. 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 9:30-11:30, Starting 11<sup>th</sup> September 2024
- Thursdays from 12:30-14:30, Starting 3<sup>rd</sup> October 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-aged-0-to-11)

## Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
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