



## 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 a chance to meet with other parents with children of a similar age?*
- Do you know why children have temper tantrums?*

Groups are held for parents and carers in the Forest of Dean for age ranges from birth to 18 years.

The groups are for parents and carers who want to know more about parenting and how children develop, and to understand children's behaviour better.

Our evaluation of previous groups has shown that parents have found this group helpful, they tend to feel less anxious and their children's behaviour tends to improve.

We will explore issues like:

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

The group will be run for two hours once a week for ten weeks. Groups do not normally run in the school holidays, however on this occasion there is one final session in the Easter Break if required.



**This course and everything you need is free.**

There will be a coffee or tea before the group starts so that you can meet the group facilitators and others attending.

The next available course takes place:  
9.30am – 11.30am on ...

<b>Tuesday January</b>	<b>24<sup>th</sup>, 31<sup>st</sup>,</b>
<b>Tuesday February</b>	<b>7<sup>th</sup>, 14<sup>th</sup> (Miss half term) 28<sup>th</sup></b>
<b>Tuesday March</b>	<b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup></b>
<b>Tuesday April</b>	<b>4th (First week Easter)</b>

**St. James’s Church Centre, Bream  
Coleford Road, Bream, GL15 6ES**

Don’t worry if you do not know anyone else coming to the group as one of the course leaders will contact you before the group starts.

We will tell you more about the course and ask you what you want to get out of it.



If you would like to attend this group or for further details contact:

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