

10 week programme: -

Session 1 –Introduction

Session 2 –How are you and your child feeling?

Session 3 –Tuning into your child's development

Session 4 –Responding to your child's feeling

Session 5 –Different styles of parenting

Session 6 –Parent-child relationship

Session 7 –The rhythm of interaction and sleep

Session 8 –Self regulation and anger

Session 9 –Communication and attunement

Session 10 -Celebration

Starting on 17th September 26th-
November 9.30 - 11.30am

Ecton Brook Primary School



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Solihull Approach to Parenting



We will explore issues such as:-

- ✚ **Tuning into children**
- ✚ **Exploring feelings**
- ✚ **Parenting styles**
- ✚ **Communication**
- ✚ **Temper tantrums**
- ✚ **Sleep patterns**
- ✚ **Behavioural difficulties**

Aims of the Group:-

- ☐ Understanding of children's behaviour
- ☐ Development of reciprocity
- ☐ Increase in confidence and self esteem
- ☐ Strategies for repair when things go wrong
- ☐ Parent/Child relationship
- ☐ Promote reflective, sensitive and effective parenting

Would you like to know about your child's development?

Do you know why children have temper tantrums?

Do you understand your child's behaviour?

