



'Understanding your child's behaviour' **A Solihull Approach Group for parents & carers of children age 11-16yrs**

- Would you like to know more about your child's development during adolescence, and why they have certain behaviours?
- Do you know why your child/adolescent gets angry and how to help them to calm down?
- Would you like to build on your confidence as a parent/caregiver?
- Would you like a chance to meet with other parents of similar aged children in a relaxed and safe environment?

What is it?

10 week free programme designed to help you (parents and carers) develop a way of relating to your child that supports their healthy development and helps you to manage their behaviour.

We will explore issues like:

- * Physical and emotional changes
- * Continuing to enjoy each other's company as your children grow up
- * Communication and behaviour
- * Parenting styles

When is it?

Tuesday evenings from **6pm to 8pm** starting **26th September, 2023**
(with a break for half term on 24th October) **ending 5th December, 2023**

Where is it?

Swaffham Community Centre, The Campingland. PE37 7RB.

What do I do now – how to book a place?

Telephone: Richard Irwin. 07827 989296

Office: 01760 720302

Email: swaffham@family-action.org.uk

"I am calmer and more confident. Now I think about how my children are feeling more and the reason behind their behaviour" (Solihull Programme participating parent)