

## 10 week programme:-

*Session 1 – Introduction*

*Session 2 – How are you and your child feeling?*

*Session 3 – Tuning into your child's development needs*

*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*



# Solihull Approach to Parenting

Contact:

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**Parent Support Co-ordinator**  
**07912186301**

**Children First**  
Northamptonshire

The new name for Children, Families and Education.  
Please make a note of my new email address.



**UNDERSTANDING YOUR CHILD**

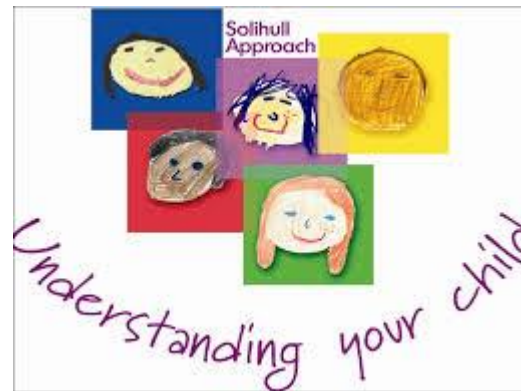
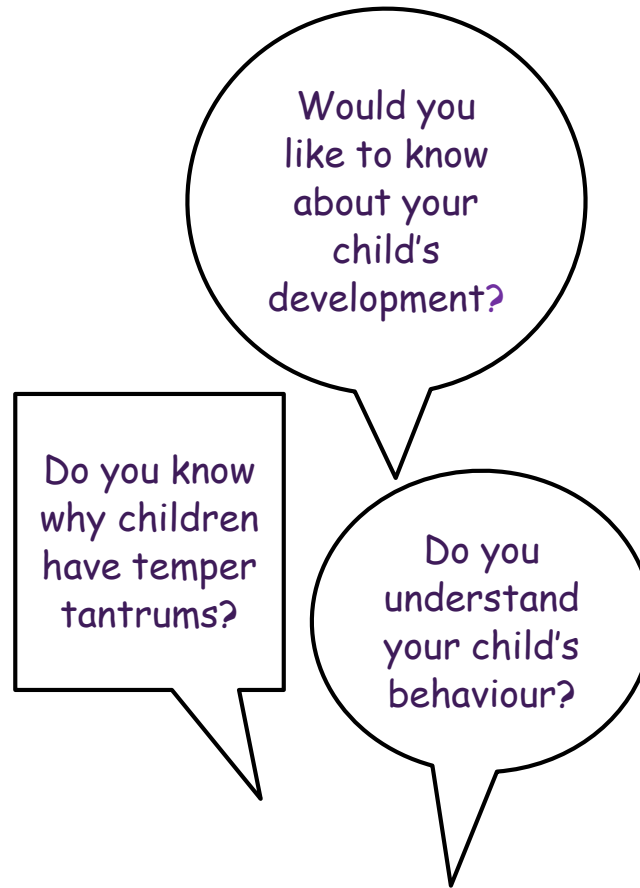


**S O L I H U L L   A P P R O A C H**

*A Children First for Northamptonshire Service*

**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