Understanding your child: from toddler to teenager

A Togetherness 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 a variety of venues throughout Solihull Borough for age ranges from 6 months to 19+ 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.

The group will be run for two hours once a week for ten weeks.

We will explore issues such as:

- Having fun together
- Development needs
- Understanding behaviour
- Communication
- Parenting styles
- Sleep

Other information about the group:

We offer in person and online courses, please contact the Parenting Team for more information

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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