

## Where is it run?

In children's centres across the borough.

## What parents say...

*'I feel more calm and positive and have much more understanding of the ways my child may behave.'*

*'I am more prepared for whatever happens in the future - I have a more calmed down attitude towards it.'*

*'I have more patience and more techniques to use with my child. My child is really happy.'*

*'I have a better understanding of the different developmental stages of early childhood.'*

*'I have been able to deal with behaviour in a calm stress free way. I understand more about my son's feelings and why behaviour is the way it is sometimes.'*

## How can I access the group?

A number of places are available to all parents within the community with some places accessed only through an assessment by a professional.

For more information please contact the Groupwork and Parenting Service by emailing:

[tcauser@wandsworth.gov.uk](mailto:tcauser@wandsworth.gov.uk)



Understanding Your Child's Behaviour:

# The Solihull Approach Group for Parents

For parents and carers of children aged 0 - 5 years



## What is the Solihull Approach Group for Parents?

- Do you want to understand more about your child's behaviour and developmental stages?
- Do you want to understand more about your relationship with your child?
- Are you concerned about either of these?

Being a parent is hard work and it doesn't come with a set of instructions. It's no wonder that we face challenges from time to time.

The Solihull Approach Group for Parents offers you the chance to meet with other parents who are also interested in some of these questions. Together we can share experiences and learn why our children behave as they do.

The group is aimed at parents and carers of children aged 0–5 years.

## What's involved?

We talk about having fun together and explore different ways of dealing with challenging behaviour, e.g. temper tantrums, potty training, sleeping and feeding problems.

The learning methods include group discussions, role play and feedback on observations of your child.

## How long does it last?

The group is delivered by two trained facilitators over 10 weeks.

Each weekly session lasts for two hours.

There are some crèche places available for the children.

