

'Understanding your child' group for parents

for all parents and carers of children aged 1 to 19 years old

What is the group about?

It's a great time and space for parents to think and learn more about:

- Understanding what your child might be communicating through their behaviour
- Thinking about how to respond to your child's behaviour
- Tuning into your child's development and what they need to learn and play
- Helping your child to manage strong feelings in a safe way
- Building strong healthy relationships

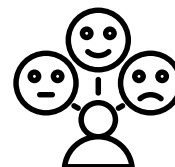
What have parents who have attended the group said about it?



"I have a better understanding of my child's needs and how they expect me to react"



"I've become more reflective, calmer and more organised, this has helped my family, we are happier"



"I have greater insight and understanding of my child's behaviour and how to manage it"



To find out more information,
contact your health professional or:

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or
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