

Understanding Your Child

The next Understanding Your Child course will be starting on

When: **Thursday 11th January 2018**

Time: **9.30am - 11.30 am**

Where: **The Hub @ Meriden School**

This will be delivered by Sarah Parker, your Child & Family Support Worker and Karen Morris. If you are interested in taking part then please contact Sarah Parker on s77sparker@meriden.solihull.sch.uk or 01676 522488

Here are some of the comments made by parents from the previous course:-

"No child is naughty, they just make the wrong choice. Label the behaviour and emotion - NOT the child!"

"It's ok to take 5 minutes out for ourselves... understand that time is for reflection, gather my thoughts."

"There are no perfect parents or children and bad days will happen. It's highlighted the importance of playing with the children."

"Great course to be involved in, I learned so much and now see things in so many different ways....a great course to do."

It's great to talk to other parents and get different perspectives on children's behaviour. Shared experiences as well as laughs and wisdom."

It is important to have quality time together as it helps build our relationships.