



**Solihull Approach to  
 Understanding your child's behaviour  
 Parents/ carers Booking Form**

**Understanding your child's behaviour**

A Solihull Approach group for parents and carers

Parent's name: .....

Telephone:.....

Address (including postcode): .....

.....



Child's name:	Date of birth:

If you would like to attend this group please complete the above booking form and return to the children's centre or for further details contact:

Maria Stubbington  
 Family Support Practitioner  
 01884 35993/ 07795 052 234  
[maria.stubbington@actionforchildren.org.uk](mailto:maria.stubbington@actionforchildren.org.uk)

- 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?*

*'Our parenting group aims to support you to answer these questions and the many more you may have. To make sense of our children's behaviour and how, as parents, we can support them'.*



## Culm Valley A Sure Start Children's Centre

The group will meet every Tuesday evening  
From 6-8pm @  
The Culm Valley Children's Centre  
Cullompton EX15 1HU

10 week course

The group will be a maximum of ten parents/ carers.  
We will meet in the centre in a relaxed and calm environment. Each week we will follow a structured programme that allows time for reflection and it's also a chance to have a hot drink and chat with like-minded parents.

If you would like to talk about the topics covered please call the centre

We will be running a group for parents and carers, with children aged from 0 to 5 years but the course content covers children across the 0 -18 age range.

The group is based on an approach developed in Solihull that has been helpful to parents and has shown that children's behaviour tends to improve as a result.

We will explore issues like:

- ❖ **Having fun together**
- ❖ **Development needs**
- ❖ **Behaviour difficulties**
- ❖ **Communication**
- ❖ **Parenting styles**
- ❖ **Sleep**

### Parent testimonials after the course (Summer 2016)

'I've gained in confidence, I doubted myself...I can see how this will benefit my daughter'.

'I now tune into my child's way of thinking'.

'I listen more to my children and remain calm'.

'I'm more mindful of how my children see things'.