

Don't just take our word for it!

Comments from parents who attended the group at Tiverton Children's Centre

'I can understand my child's behaviour more and how to control it more'

'I feel I have more time to understand and relate to my kids and learning to enjoy what they bring to me'



'Very relaxed and easy going - didn't feel as if being told what to'

"Opening my mind to a different approach has improved life with my children immensely."

"Would definitely recommend"

Contact us

Ring us at either number below if you'd like more information and details on joining a course in the future.

Wilcombe Primary School
Lazenby Road, Wilcombe
Tiverton, EX16 4AL
01884 250449

Two Moors Primary School
Cowley Moor Road
Tiverton, EX16 6HH
01884 254044

tiverton@actionforchildren.org.uk



A Sure Start Children's Centre

**Solihull Approach
Parenting Group**

**Would you like
Better
Communication
with your child?**



in partnership with
Devon
County Council


action for
children

What is the Solihull Approach Parenting Group?

Tiverton Children's Centre run parenting groups that are designed to help parents develop a way of relating to their child to promote better understanding and better communication

The course helps parents to think about their children's behaviour:

What does it mean?

Where does it come from?

How can we help?

The programme runs for 2 hours per week over approximately 10 weeks.

A crèche for Under 5s is provided.

What happens during the group?

The sessions for the group include activities and discussions around:

- Different parenting styles
- Having fun together
- Understanding your child's feelings



- Self-regulation, sleep and anger
- How do you know what you and your child are feeling?
- How to recover when things go wrong

Who delivers the group?

The group is delivered by members of the Children's Centre team with a range of different experiences who share thoughts and ideas with you.

Where will the groups be held?

Groups will be held in an accessible and consistent venue with clear directions and facilities available.

Who can join the group?

The group can support your relationship with your child from 0-19.

It can help you to feel more confident in your parenting,

Help you to make the changes that you want to make and have better relationships with your children.