



Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

When?

Mondays 6-8pm
starting 8th September 2025

Where?

Delivered virtually over
Microsoft Teams



To book scan the QR code or click:
[Parenting children aged 0 to 11](#)

Contact us

Email: parenting@cornwall.gov.uk

Website: www.cornwall.gov.uk/parenting