



## Understanding your child – Free popular course

This is an enjoyable, well-established and trusted way of understanding more about your child. 'Understanding your child' is for mums, dads, grandparents and carers. Parents often say they feel calmer, more confident and have a better relationship with their child. The course was developed in the NHS together with frontline practitioners.

### The course covers

**Responding to how your child is feeling**

**How your child develops**

**Different styles of parenting**

**How your child communicates**

**Understanding your child's behaviour**

**Sleep, self-regulation and anger**



Sessions are open to parents in the **Denbigh area**

Sessions will be held in **Ysgol Frongoch** from 9.15am- 11.15 am

every **Friday** during term time starting on:

**Friday 26<sup>th</sup> January for 9 weeks**

It is important that all sessions are attended

For further information, please contact Family Link Worker:

**Sarah: 07799348556/ Hayley 07881008375**