

WOULD YOU LIKE TO BE A CALMER, MORE CONFIDENT PARENT?  
A FREE COURSE OPEN TO ALL PARENTS AND CARERS ACROSS THE  
DMAT SCHOOLS

## UNDERSTANDING YOUR CHILD



S O L I H U L L   A P P R O A C H

At Okehampton Primary School community  
Hub

Starting Wednesday September 11<sup>th</sup>

1-3 pm

*~Add your name now to secure a place~*

Sign up for the *understanding your child* course to discover how your child's growing brain develops and what you can do to manage behaviour and become a more sensitive effective and empowered parent.

This 10 week course is for mums, Dads, stepparents and grandparents and any others in a parenting role. People often say they feel calmer, more confident and have improved relationships with their children after attending the course.

we will explore issues together such as:

- Having fun together
- How children develop
- Exploring feelings
- Behaviour strategies
- Anger and dysregulation
- Sleep patterns
- Communicating with your child

To find out more or to book a free place please contact Greta  
Button email: [gbutton@okehamptonprimary.org.uk](mailto:gbutton@okehamptonprimary.org.uk)

Or call Okehampton Primary: 01837 52866