



## 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 Prestatyn area

Sessions will be held in Ysgol Penmorfa from 9.15am - 11.15 am

every Wednesday during term time starting on:

February 15th for 9 weeks

It is important that all sessions are attended

For further information, please contact Family Link Workers:

Emma: 07825 523340 or Lucy: 07825 531371