

Ever wondered why they behave that way?

Curious to know what is going on in their brain?

Do you want to understand why children have temper tantrums?

CONTACT OUR INCLUSION TEAM

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Darley Churchtown Primary School



St Giles Primary and Nursery School



All Saints Federation



Bakewell C of E Infant School

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

THE SOLIHULL PARENTING COURSE



Matlock and Dales Primary Partnership

AIMS OF THE GROUP:

- Understanding children's behaviour
- Developing reciprocity.
- Increasing confidence and self esteem.
- Strategies for repair when things go wrong.
- Parent/child relationships.
- Promoting reflective, sensitive and effective parenting.
- Supports mental health and wellbeing of parents/ carers.

ISSUES EXPLORED

Exploring feelings

Parenting styles

Communication

Temper tantrums

Sleep patterns

Behaviour

10 WEEK PROGRAMME

Session 1 - Introduction.

Session 2 - How are you and your child feeling?

Session 3 - Tuning into your child's development needs.

Session 4 - Responding to your child's feelings.

Session 5 - Different styles of parenting.

Session 6 - Parent child relationship.

Session 7 - The rhythm of interaction and sleep.

Session 8 - Self regulation and anger.

Session 9 - Communication and attunement.

Session 10 - Celebration