







Understanding Your Child



**Online Course** 

www.inourplace.co.uk

This is an enjoyable online course, focussing on the parent-child relationship. It can be done at your own pace, and is ideal for ALL dads, mums and other carers who want to learn more about sensitive and effective parenting, and be the best they can be.

- $\checkmark$ The course can be done on any PCs, Macs, iPads, laptop or smartphone, at a time and pace to suit family life
- $\checkmark$ There are 11 sessions each taking around 20 minutes (the main screens have optional audio voice-overs)

household!"

 $\checkmark$ Interactive activities, quizzes, video clips, practical hand-outs

## The course covers:

Responding to how your child is feeling How your child develops "It doesn't work all the time but bit by bit, we are working Different styles of parenting towards a less confrontational How your child communicates Understanding your child's behaviour Sleep, Self-regulation and anger

I feel much, much happier and am enjoying parenthood more than I thought possible!

"I have found the course very useful. Now, I take time to think more during difficult situations and during arguments with my kids."

I like finding out some of the reasons children behave as they do



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child. What's different about the Solihull Approach is that it applies key messages from research to add to your understanding of your child. You will find more ways to think about what your child is telling you through their behaviour. You will also find more ways to think about y relationship with your child.



brain develops and how this is linked to your relationship It explains the concepts of containment and reciprocity and looks at how these are part of your relationship which in turn is part of your child learning how to selfgulate or manage themselves. The course shows h this is the foundation for behaviours such as sleeping of

