

So why not check out what's on offer and take the first step towards understanding your children better



*Courses and Workshops for Parents*



Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

Warwickshire Early Help and Targeted Support are offering parenting courses and workshops to help your family life run a little more smoothly.

We are offering a variety of courses and workshops that are being delivered at times during mornings, afternoons, evenings and weekends so fit in with family life.



## Workshops

We have four two-hour interactive online workshops run by our Parent Trainers covering many of the common parenting difficulties:

**Managing Children's Behaviour-** looks at how positive parenting strategies can help you understand your child better and how these can impact and support your children's behaviour

**Routines and Boundaries-** this is a two-hour interactive workshops to help parents understand the importance of routines and boundaries for children and how to develop and implement them at home reducing stress and helping to create a more cooperative home life.

**Sleep-** Issues with sleep are common for children and can have a huge impact on the quality of family life. This two-hour interactive workshop looks at the importance of sleep, understanding of sleep science, causes of sleep issues and strategies to help.

**Safe Home, Happy Home-** This workshop will provide an opportunity to explore what a Safe and Happy home is and how you can keep your family home safe and comfortable for you and your children to grow and learn together. We will be covering areas such as: Home conditions, environmental factors, possible risks within the home, mealtimes and general health and hygiene.

We also offer longer parenting programmes that help parents to understand their children's behaviour and offer strategies to help and look after their own well-being.

These are run in two-hour weekly sessions over ten weeks and really help to support positive change at home.

These are:

- **The Nurturing Programme**  
Helps parents to understanding why children behave as they do, recognising the feelings behind behaviour (ours and theirs), exploring different ways to guide children's behaviour, finding different ways to develop co-operation and self-discipline in children and learning the importance of looking after ourselves
- **Solihull Approach**  
This parenting group is for parents and carers who would like to know more about their child's development, their child's behaviours, your role as a main carer and how best to support your child. This is a great opportunity to meet other parents and there is evidence that shows that children's behaviour tends to improve

Courses are free, easily accessible and are advertised and bookable through Eventbrite

Search [www.eventbrite](https://www.eventbrite.com), Warwickshire Children and Families or follow the link below:

<https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>

