

Understanding your child:

From toddler to teenager

Join our group sessions to support you in your journey of understanding emotional health, wellbeing, behaviour, and more. A 10 week programme to help you raise confident, kind, emotionally aware and resilient people.



This group covers:

- Childhood development and emotional processing
- How ideas and techniques for nurturing wellbeing can be helpful for common areas of difficulty such as emotional regulation, sleep, toileting and friendships.
- Support to reflect on your own child's health and wellbeing, their behaviour and your relationship with them
- Helping you feel more confident about your relationships and more connected to your child

Group Dates: CONTACT THE PARENTING TEAM FOR COURSES BEING DELIVERED IN JANUARY

Time: Sharon.hatton@doncaster.gov.uk

Address: