

Understanding your child: from toddler to teenager

FREE online workshop for parents and carers in
Cheshire East.



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace 

NHS

Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents


www.inourplace.co.uk

Residents of CHESHIRE EAST

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About this course

No matter your family setup, the important relationships in your child's life help shape their emotional health and wellbeing. This transformative course offers a reflective space to think about your child's development, their behaviour and how they are communicating.

Understanding your child: from toddler to teenager is for all parents, grandparents and carers of children aged between six months to 19 years. The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child, their emotions and how to nurture them.

For direct access to the Cheshire East area of the 'In Our Place' website visit [Free wellbeing online courses in Cheshire East – inourplace](#)