

# Understanding Your Child

## *From Toddler to Teen*

“I met others going through the same things. It really helped me feel less alone.”

“The group boosted my confidence as a parent.”

### **Join our friendly, relaxed group!**

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Come and join us as we chat about what’s going on for you and your family. Together we’ll make sense of tricky moments and share simple ideas that can make life calmer and more positive.

### **Upcoming Sessions** (once a week over 10 weeks, excl. half terms and bank holidays)

Brown Clee Primary School

Ditton Priors, Bridgnorth, Shropshire, WV16 6SS

21<sup>st</sup> September 2026

Meet us from 9.00am and group starts at 9.15am to 11.15am

### **What We’ll Talk About**

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

### **Want to Join Us?**

Email: [parenting.team@shropshire.gov.uk](mailto:parenting.team@shropshire.gov.uk)

Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



### **Prefer flexible online learning?**

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