

# Understanding Your Child

## *A group for dads, grandads and any male carer of children and teens*

"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 challenging, whatever age your child is. This group offers practical ideas, straight-talking support, and a chance to hear what has helped other parents in real life.

Join Peter and Tracy from the Parenting Team and other parents and carers, to explore what's happening for your child, understand tricky behaviour, and pick up simple strategies to make family life feel calmer and more manageable.

### Upcoming Sessions

- Starts Tuesday 22<sup>nd</sup> September 2026, 5.00pm to 7.00pm in Shrewsbury – venue to be confirmed

The group meets once a week over 10 weeks, excl. half terms and bank holidays with the last session being on Tuesday 1<sup>st</sup> December 2026.

### 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](#)



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