

# Understanding your Child from Toddler to Teenager

**Would like to know more about your child's development and better understand their behaviour?**

We all know being a parent can be one of the most challenging and rewarding roles you will ever take on as an adult, and sometimes we could all use a little extra help.

This relaxed and fun group will help you to explore topics like:

- Developmental needs
- Communication
- Sleep
- Behavioural difficulties
- Family fun



Suitable for families with children and young people aged 0 - 19 years old, with 2 hourly group sessions running over a 10 week period.

**These workshops run across the county.  
Book by scanning the QR code to visit  
[www.trybooking.com/uk/eventlist/startingwellpartnership](http://www.trybooking.com/uk/eventlist/startingwellpartnership)**



**For more details call 01905 520 032 or visit  
[www.startingwellworcs.nhs.uk/parenting-groups](http://www.startingwellworcs.nhs.uk/parenting-groups)**

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