

# Family support

## Understanding your child's behaviour



**Join other parents to learn more about parenting and how best to support your child's development and behaviour.**

Our 9-Week Solihull parenting program is for parents and carers with children aged up to 8 years. We'll explore a range of topics from having fun together through to tackling challenging behaviours.

**Beginning Tuesday 8 October**

**Sessions (in-person and online) run every Tuesday  
10:30am – 12:30pm** Session type and agenda will be provided in advance.

**In-person sessions will be held at  
Parkdale Family & Children's Centre,  
122 Warren Road, Parkdale**

- Week 1 - Introduction to Solihull
- Week 2 - How are you and your child feeling?
- Week 3 - Tuning into your child's developmental needs.
- Week 4 - Responding to your child's feelings.
- Week 5 - Differing styles of parenting.
- Week 6 - Having fun together.
- Week 7 - Interactions and sleep.
- Week 8 - Self-regulation and anger.
- Week 9 - How to recover when things go wrong.

**Register here:**



[kingston.vic.gov.au/services/  
families-and-children/family-support](https://kingston.vic.gov.au/services/families-and-children/family-support)

