

Online Course 'Understanding your Child' Solihull Approach Parent Information

We at Stockport Parenting Team would like to offer you some further information to support and reassure you regarding the online course recommended by your parenting practitioner.

We understand that you may be feeling apprehensive about this and may be worried that you just don't have the time to commit to this or you may be questioning how an online course can really make a difference. Online learning may be something you have not done before and can seem daunting, especially when you may be struggling with your child's behaviours and feeling overwhelmed by this.



These are all completely understandable and common responses that we hear from other parents.

I was worried that I
wouldn't have the
time to do this

My brain always
feels full of just
getting through
the day

I'm not sure if I
can do an
online course

The Course

The course is completely flexible and is designed to work around you and your family. There is no pressure to complete it by a certain date, so you can take it at your own pace. Each module takes from 20 to 40 minutes, enough time to make a cup of tea and find some time for yourself.



At the start and end of each module there is a recap and summary, so you will always be reminded of what you have covered so far. So don't worry about remembering everything and where you are up to.

The course is free and you simply need a code from us to log in and can then start the course when convenient to you.

You may be wondering what topics the course covers. We thought it would be useful to list these, so you can see beforehand how the course applies directly to you and your child.



How your child develops



Understanding how your child is feeling

Tuning into what your child needs

Responding to how your child is feeling



Different styles of parenting

Having fun together



Rhythm of interaction

Why sleep is important


Self regulation and anger



Communication and tuning in



Benefits

As you work through and explore the topics, you will see how they relate specifically to you and your child. It will help you to understand your relationship and why your child behaves in certain ways. Understanding this is the key  to moving forward, focussing on the positive behaviours and giving you a greater connection.



I feel much more confident as a parent now I have a better understanding

After completing this course, I now understand that Harry does not have the words to explain how he is feeling, so behaves badly sometimes

I now understand why Sophie is behaving in this way, so I know what to do to manage it



There is even a certificate of achievement to reward your hard work and effort which needs recognising. Perhaps the greatest reward though, is the confidence you feel as a parent in having a greater understanding of the unique and special relationship you have with your child. The time invested will be a lifetime achievement!

Thank you for taking the time to read this and we hope that you have found this helpful.

The Stockport Parenting Team

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If you have any further questions or require any support at all with getting started or along the way with issues raised, then please contact us on:

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