



Ysgol Penmorfa invite you to sign up to a
course.....

Understanding your child - popular online course

Free to all parents in Denbighshire Primary Schools – would normally cost £39

Contact your family link worker – **Stephanie-07917814835 + Emma-07825523340**

This is an enjoyable, well-established and trusted way of understanding more about your child. 'Understanding your child' is for mums, dads, grandparents and carers. Parents often say they feel calmer, more confident and have a better relationship with their child. The course was developed in the NHS together with frontline practitioners.

- ✓ **The course can be done on any PCs, iPads, laptop or smartphone, at a time and pace to suit family life and can even be listened to as well as read.**
- ✓ **There are 11 modules each taking around 20 minutes with interactive activities, quizzes, video clips, practical handouts**
- ✓ **Understanding your teenager's brain also included.**

The course covers

Responding to how your child is feeling

How your child develops

Different styles of parenting

How your child communicates

Understanding your child's behaviour

Sleep, self-regulation and anger

