



Understanding your child – Free popular course

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 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



- Sessions are open to parents in the Prestatyn area
- Sessions will be held in Ysgol Penmorfa from 9.15am-

11.15 am every Wednesday starting on:

October 5th for 9 weeks

It is important that all sessions are attended

For further information, please contact Family Link Workers

Lowri- 07810658416 Emma- 07825523340