

# Understanding Your Child



## Online Course

This is an enjoyable online course, focussing on the parent-child relationship. It can be done at your own pace, and is ideal for ALL dads, mums and other carers who want to learn more about sensitive and effective parenting, and be the best they can be.

- ✓ The course can be done on any PCs, Macs, iPads, laptop or smartphone, at a time and pace to suit family life
- ✓ There are 11 sessions each taking around 20 minutes (the main screens have optional audio voice-overs)
- ✓ Interactive activities, quizzes, video clips, practical hand-outs

### 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

I like finding out some of the reasons children behave as they do

"It doesn't work all the time but bit by bit, we are working towards a less confrontational household!"

I feel much, much happier and am enjoying parenthood more than I thought possible!

"I have found the course very useful. Now, I take time to think more during difficult situations and during arguments with my kids."

