

# Understanding Your Child

## *From Toddler to Teen*

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

### Join our friendly, relaxed group!

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Come and join us as we chat about what's going on for you and your family. Together we'll make sense of tricky moments and share simple ideas that can make life calmer and more positive.

### Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 13th April 2026 - 12.45–2.45pm – Belvidere Primary School, Shrewsbury (SY2 5YB)
- 13th April 2026 - 1.00–3.00pm – Ludlow Primary School (SY8 1HG)
- 15th April 2026 - 9.30–11.30am – Pontesbury Primary School (SY5 0TF)
- 15th April 2026 - 1.00–3.00pm – Wilfred Owen School, Shrewsbury (SY2 5SH)
- 15th April 2026 - 5.00–7.00pm – Online via MS Teams

### What We'll Talk About

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

### Want to Join Us?

Email: [parenting.team@shropshire.gov.uk](mailto:parenting.team@shropshire.gov.uk)

Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



### Prefer flexible online learning?

Try our free online learning pathways at

[Becoming Togetherness - Togetherness](#)

