

# Being a Parent

A **Free** 8 week group for solihull parents of children aged 2-12

Commands, consequences & rewards

Listening skills

Communicating with your child



Setting boundaries

Saying No

Coping with Stress

Groups available online or in person

Understanding your child's behaviour



EMPOWERING PARENTS  
EMPOWERING COMMUNITIES

**Book your place now**

[bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)

0121 301 2773



**Believe in children**  
Barnardo's