



## Working with Parents to Understand their Children Better!

At Ysgol Cwm Brombil, we have an opportunity to work with a small number of parents in a trial to run online courses to help you. We are in a position to use our IT facilities with you to start an exciting journey. We are looking for parents to e-mail school if interested and families will be selected on a first come first serve basis. We will be looking to expand this program if successful.

- The course is aimed at parents of babies, young children and teenagers (0-18 years old). These courses are designed to help parents understand their children better and provide them with the best outcomes.
- Parents that are successful for the trial will be invited to attend Ysgol Cwm Brombil from **3.30- 4.30 pm 14 January 2021**.
- Covid risk assessments will be undertaken and explained to you in advance
- We will be based in the school library and will have time to chat and get to know each other in a non-formal setting
- We will set you up with our IT facilities and support you through getting online

### What will be the benefit for me as a parent, my child and family?

'Understanding your child' is an online course for all parents, grandparents and carers of children aged 0-18 years. This course is a journey through knowledge. It builds up a way of looking at things that will be helpful for most situations. This course has content you can trust. It has been written by Clinical Psychologists, Child Psychotherapists and other health professionals in the Solihull Approach team. It has also been awarded the UK Government's CANparent Quality Mark. Keep going till the end as we know that parents and grandparents get a lot out of the course! We can't promise you a free gift at the end, but we can promise you a certificate!

'Just wanted to say how grateful I am with this course. For me it's an absolute game changer and will enhance my life with my children and really make a difference. I'm so happy I have found this I could cry.'

This time will allow you to take time to think about being a parent, gain lots of great information about what is going on inside your child's brain at different ages and how this affects their behaviour, emotions and development. All sessions will be tailored to each parents needs.

### HEADTEACHER:

MR. S. CLARKE

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## What areas will be covered?

There are three main areas the course covers which are listed below:

- Understanding pregnancy, labour, birth and your baby
- Understanding your child
- Understanding the teenage brain

Within each area, we will be covering a variety of things. Some examples are below:

- How your child develops (parenting approaches and effects on the brain, how your child's brain works, stress, good and bad days)
- Understanding your child's feelings (different signs of emotions and understanding these, reading signs in children, how behaviour, feelings and mood affect our children)
- Tuning into what your child needs (connections, helping your child learn new skills, understanding developmental stages)
- Responding to how your child is feeling (what can happen when we have our own worries, making space, how feelings are communicated, thinking about how we say things, developing your relationships)
- Different styles of parenting (what you would like to pass onto your children, getting the balance right)
- Having fun together (learning by playing and spending time together at all ages)
- Rhythm of interaction (communication between adults in front of children and from adult to child)
- Why sleep is important (good sleep patterns, overcoming separation difficulties, sleep disturbance and difficulties)
- Self-Regulation and anger (coping with anger, seeing anger in a different way, what is making a child angry, parent and child interactions, strategies to help)

## What do I do if I would like to be a part of the trial or have further questions?

Please contact the following member of staff via e-mail

Laura Clarke- [clarkel124@hwbcymru.net](mailto:clarkel124@hwbcymru.net)

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