



Being a Parent Course

Empowering Parents, Empowering Communities (EPEC)



"I learned to listen to my child, not to label him. I learned to understand his feelings"

"This course has calmed me down..... I understand my child's behaviour and it has made us both happier"

"The way each topic is broken down helps your understanding more and makes you feel better as a parent, that you are not alone and things can change"

'Being a Parent' is a parent-led group for parents & carers of children aged 0-11 years

Would you like to know more about your child's development?

Would you like to understand your child's behaviour better?

Would you like to improve your relationship with your child?

Would you like to share your experiences with other parents?

Groups run for 2 hours per week for 8 weeks, led by 2 parent group leaders, and with a maximum of 12 parents

A programme of Being a Parent groups takes place in line with each school term

To book your place, please contact Lisa Baker
✉ bsmhft.parenting@nhs.net
☎ 0121 301 2773

Believe in children



Barnardo's



Solihull
METROPOLITAN
BOROUGH COUNCIL