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Ysgol Pentrecelyn invite you to sign up to a course……..

**Understanding your child - popular online course**

**Free to all parents in Denbighshire Primary Schools – would normally cost £39**

**Contact your family link worker –** **Nia 07825531371**

This is an enjoyable, well-established and trusted way of understanding more about your child. ‘Understanding your child’ is for mums, dads, grandparents and carers. Parents often say they feel calmer, more confident and have a better relationship with their child. The course was developed in the NHS together with frontline practitioners.

**The course can be done on any PCs, iPads, laptop or smartphone, at a time and pace to suit family life and can even be listened to as well as read.**

 **There are 11 modules each taking around 20 minutes with interactive activities, quizzes, video clips, practical handouts**

 **Understanding your teenager’s brain also included.**

**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**