Understanding Your Child

0 – 5 years

"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 Session

- starts Tuesday 5th May, 12.30–2.30pm – Sunflower House, Shrewsbury, SY1 4ES

the group meets once a week over 10 weeks, excl. half terms and bank holidays with the last session being on Tuesday 14th July 2026.

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

Call: 01743 250950

Visit: The Parenting Team | Shropshire Council

Prefer flexible online learning?

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Becoming Togetherness - Togetherness