

SESSION
5 Understanding your child's behaviour
Time to have a go: Observing yourself

5.17

Think of an example of something that happens at home that you would like to change. Think of the effects that different styles of parenting have on children: too hard, too soft, inconsistent, too anxious.

What might you try to do differently?

For the next session:

Bring something for the next session – something to play with. It can be very simple and could include:

- a simple board game
- a team game such as Twister
- memory cards
- paints and paper
- junk material for a collage
- building bricks
- a ball or outdoor game if there is an outdoor space.

