## Solihull Approach Parenting Group: Handout



## SESSION

## Understanding your child's behaviour Time to have a go: Observation

9.21

- 1. Observe times when you and your child have been out of tune with each other. See if you can practise repairing the situation.
  - How did you feel when the interaction started going out of tune?
  - What happened to cause this change in the interaction?
  - How did you repair the interaction?
  - How did your child react?
  - How did you and your child feel at the end?
- 2. Observe any changes in your child's behaviour since the beginning of the group. Think about whether these changes might be the result of communication or of family involvement.

