

## Understanding Behaviour

**2 x 2 hour workshop (both need to be attended)**

Parents/carers of children aged 2 and above

When it comes to developing an understanding of why our children behave the way they do it can be CONFUSING.

This workshop helps to empower parents to understand behaviours and feel motivated to respond in a more positive way.

**Sure Start**  
Family Hub Southampton

**Venue — Swaythling Sure start Centre**

**Honeysuckle Road**

**SO16 3BZ**

**Dates: 13th & 20th July**

**Time: 10.00-12.00 noon**



**For more information & to book your place contact:**

**Email: [familyhub@southampton.gov.uk](mailto:familyhub@southampton.gov.uk)**

**Website: <https://www.southampton.gov.uk/familyhubs>**

**Amy Reid: 07920 088 499**

**Caroline Hallett: 07818 588 480**

**The workshops is to provide a safe, non-judgemental environment for parents to discuss and explore their children's behaviour.**

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